








**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GROUP WELLNESS & AQUA AEROBICS SCHEDULE AUGUST 2019

Liberty County Armed Services YMCA
201 Mary Lou Drive, Hinesville, GA 31313
www.ymcaofcoastalga.org

Childcare available: 8:30am-12:00pm M-SAT and 4:30pm-8:00pm M-TH

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM		ANYTHING GOES (KAREN/KAME)		ANYTHING GOES (KAREN/KAME)		
7:30AM 	HYDRO BOOT CAMP (ALVIN)		HYDRO BOOT CAMP (ALVIN)		HYDRO BOOT CAMP (ALVIN)	<i>ATTENTION MEMBERS! NEW START TIMES FOR SATURDAYS</i>
8:00AM						YOGA (STACY) 8AM
8:45AM	STRETCH (SHERI)	YOGA (LIZ)	YOGA (AREAKA)	YOGA (NINA)	YOGA (LIZ)	SPIN @ 9AM (KIM)
9:00AM 	AQUA HIIT (AMY)	HYDRO RESISTANCE (DAMY)	HYDRO STRENGTH (DAMY)	AQUA ZUMBA (LENESHA)	AQUA HIIT (DAMY)	AQUA ZUMBA (MARGIT)
9:45AM	ZUMBA (ASHLEY)	CARDIO KICKBOXING (BETTY)	H.E.A.T (VON)	SPINSANITY (DONI)	MIXXEDFIT (SARAH)	ZUMBA® @ 10AM (TINA)
10:45AM	SPIN (CYNTHIA)	FOREVER FIT (BETTY)	ZUMBA GOLD (LENESHA)	MIXXEDFIT (SARAH)	ZUMBA® (MARGIT)	TOTAL BODY BOOTCAMP @ 11AM (VINCE)
5:00PM	TOTAL BODY BOOTCAMP (VINCE)	CYNTHIA (SPIN)	KIM (PILOXING)	MIXXEDFIT (ASHLEY)	<p style="text-align: center;"><u>UPCOMING EVENTS</u></p>  <p style="text-align: right;">LIVESTRONG® at the YMCA</p> <p>42 DAY WEIGHTLOSS & FITNESS CHALLENGE BEGINS AUG 29TH</p> <p>PICKLEBALL STARTS AUGUST 6TH</p> 	
6:00PM	ZUMBA (MARGIT) <i>New start time! 6:15pm</i>	MIXXEDFIT (LENESHA)	STRONG BY ZUMBA EKTA & LENESHA (6:30-7:45)	ZUMBA® (MARGIT)		
6:30PM 	HYDRO BOOT CAMP (ALVIN)		HYDRO BOOT CAMP (ALVIN)			
7:00PM	<i>New start time 7:15pm</i> MIXXEDFIT (NYTERIA)	ZUMBA (TINA)		POWER YOGA (AREAKA)		

CLASSES ARE BETWEEN 45-55 MINUTES IN LENGTH AND EVERYONE IS WELCOME!

ANYTHING GOES: Instructors, Kame and Karen, put you through a great fitness regimen alternating step aerobics & resistance exercises which give an excellent, all-around workout first thing in the morning.

AQUA HIIT: Allows participants to work harder than a normal high intensity interval workout because of minimal stress on joints, ligaments and tendons. Equipment is sometimes used to isolate or enhance the workouts.

AQUAFIT: Moderate intensity class that uses the properties of water resistance to get in shape while minimizing impact to joints. This is great for senior adults, beginners, and those desiring a lower impact workout.

AQUA ZUMBA®: Blends the Zumba philosophy with water resistance, for one pool party you don't want to miss! There is less impact on your joints so you can really let loose!

CARDIO KICKBOXING: Cardio kickboxing is a cardiovascular workout that is a mixture of boxing, martial arts, and Aerobics. Traditional movements in cardio kickboxing include kicks, punches and other complex moves.

FOREVER FIT: A low impact class combining cardio, weights, resistance bands, etc. Focus is on obtaining greater flexibility, balance, strength, and endurance. (Great for 50+)

HYDRO BOOTCAMP: This hydro class provides a more intense cardiovascular regimen set to music. The session utilizes water weights and other types of water equipment to build strength and endurance.

HYDRO STRENGTH: Super charge your metabolism with this unique fitness regimen in the water. You will experience a full variety of boxing movements and strength training.

H.E.A.T: (High Energy Athletic Training) An enriched form of athletic training utilizing interval workstations Such as battle ropes, free weights, jump ropes and more to create short and intense anaerobic exercises with brief, less intense recovery periods. This type of training provides enhanced athletic capacity and conditioning. Improved glucose metabolism and improved fat burning.

PILOXING: A non-stop, cardio workout fusion of standing pilates, boxing and dance that will push you past your limits.

MIXEDFIT®: a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning

POWER YOGA: General term used to describe a vigorous, fitness-based approach to vinyasa-style yoga.

SPINSANITY: An action-packed class filled with the excitement of plyometric drills along with tough intervals of strength, power, resistance, and core training moves.

SPIN: Prepare for a high intensity spin session that will push your cardio endurance with little impact on your joints.

STRONG BY ZUMBA®: Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

TOTAL BODY BOOTCAMP : A high intensity group exercise class that mixes weight training & traditional calisthenics and body weight exercises with interval training as well as strength & conditioning.

YOGA: Yoga increases flexibility, decreases stress levels, improves cardiovascular health, improves fat burning, increases your strength, improves circulation, increases mental focus, and creates inner peace.

STRETCH: Focusing on movement, flexibility, strength, and balance. All levels welcome!

ZUMBA®: Join the party! This class combines dance and fitness moves inspired by Latin music. Enjoy a variety of styles including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco, and a Hip Hop!

ZUMBA GOLD®: A modified ZUMBA class that recreates the original moves you love at a lower intensity.

YMCA MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.