



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE YMCA GROUP WELLNESS AND AQUA SCHEDULE DECEMBER 2018

201 MARY LOU DR. HINESVILLE GA. 31313

(912) 368-9622

HOURS: MON-FRI 5AM-9PM/SAT 8-5PM/SUN 1-6PM

CLASS	TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM		#merrychristmas	ANYTHING GOES (KAME)	#getfitstayfit	ANYTHING GOES (KAME)	#holidaywellness	
8:45AM	YIN YOGA (HEATHER)	FOREVER FIT (BETTY) 8-840am	PILATES (MARIAH)	POWER YOGA (AREAKA)	YOGA (HEATHER)	PILATES (MARIAH)	YOGA (LIZ)
9:45AM	SPIN/TABATA (ALCINE)	R.I.P.P.E.D® (ALCINE)		TOTAL BODY BOOTCAMP (VINCE)	SPINSANITY (DONI)	RUMBLE (ALCINE)	ZUMBA® (TINA)
10:45AM	ZUMBA® (ASHLEY)	#health	ZUMBA GOLD (LENESHA)	#groupwellness	ZUMBA® (MARGIT)	TOTAL BODY BOOTCAMP (VINCE)	
5:00PM	TOTAL BODY BOOTCAMP (VINCE)	RIPPED (ALCINE)	R.I.P.P.E.D/RUMBLE (ALCINE)	TOTAL BODY BOOTCAMP (VINCE)	<u>AQUA AEROBIC SCHEDULE</u> <u>MONDAY</u> 7:30AM HYDRO BC (ALVIN) 9:00AM AQUA FIT (DAMY) 6:30PM HYDRO BC (ALVIN) <u>TUESDAY</u> 9:00AM AQUAFIT (LILLY) <u>WEDNESDAY:</u> 7:30AM HYDRO BC (ALVIN) 9:00AM HYDO STREANGTH (ALCINE) 6:30PM HYDRO BC (ALVIN) <u>THURSDAY:</u> 9AM HYDRO RESISTENCE (BETTY) <u>FRIDAY:</u> 9AM AQUAFIT (LILLY) <u>SATURDAY:</u> 11:00AM AQUA ZUMBA (MARGIT)		
6:00PM	ZUMBA (MARGIT)	SPIN (KIMBERLY)	STRONG (LENESHA/EKTA) 6:30-8:00PM	ZUMBA® (MARGIT)			
7:00PM	MIXXEDFIT (LENESHA)	ZUMBA® (TINA)		POWER YOGA (AREAKA)			

Holiday class schedule effective Dec 17th-29th.

(Dec. 24 Close at noon, Dec. 25 CLOSED, Dec. 31 Close at noon, Jan. 1 CLOSED)

9:45AM	YIN YOGA (HEATHER)	TOTAL BODY BOOTCAMP (VINCE)	POWER YOGA (AREAKA)	SPINSANITY (DONI)	ZUMBA (MARGIT)	ZUMBA (TINA)
6:00PM	ZUMBA (MARGIT)	ZUMBA (TINA)	STRONG (LENESHA/EKTA)	TOTAL BODY BOOTCAMP (VINCE)	DONI.BREZENSKI@YMCAOFCOASTALGA.ORG FITNESS/AQUATIC DIRECTOR VINCE.GUMATAOTAO@YMCAOFCOASTALGA.ORG FITNESS COORDINATOR	

ALL FITNESS CLASSES ARE WELCOME TO WOMEN AND MEN OF ALL AGES
CLASSES ARE USUALLY 45-60 MINUTES UNLESS NOTED OTHERWISE

YOGA/YIN 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.

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

ZUMBA®: Join the party! Zumba® fuses Latin, international and world-beat music with easy-to-follow steps.

ZUMBA GOLD®: This is the same great class with less impact on your joints. All fitness levels welcome.

FOREVER FIT: An all Around class to work on Flexibility, Mobility, Blood Circulation and Muscular development. (Great for 50+)

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

PILATES: This regimen is designed to improve physical strength, flexibility, and posture.

MIXXEDFIT: No equipment, no dumbbells. Incorporate a fun full body workout into your fitness routine using only body weight.

SPIN CLASSES: Spin studio is located upstairs. Obtain your bike pass from the front desk and enjoy the ride. Prepare for a 45 minute high intensity spin session that will push your cardio endurance with little impact on your joints.

TOTAL BODY BOOTCAMP: High ENERGY, High repetitions, Total body sculpting, Target heart rate, Fast pace, Fat burning, Muscle toning, Muscle building. ***If you're just starting, We have workout modifications for you to adapt.

HYDRO BOOT CAMP: 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.

AQUA ZUMBA: Blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints.

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 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.

ZUMBA KIDS/JR.: Zumba kids/Jr are rockin, High energy dance parties packed with kid-friendly routines. down steps, add games, activities and cultural exploration elements into the class structure.

STRONG: STRONG by Zumba combines body weight, muscle and conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

YMCA MISSION: "To put Christian principles into practice through programs that build healthy spirit, mind and body for all."