



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIBERTY COUNTY ASYMCA

FEBRUARY 2020

YMCA HOURS: Monday-Friday 5:00AM-9PM/ Saturday 8AM-5PM / Sunday 1PM-6PM

FREE Child Watch Hours: Monday-Friday 8:30AM-12PM/4:30PM-8PM Saturday 8AM-12PM

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM		Anything Goes (Karen/Kame)		Anything Goes (Karen/Kame)		
7:30AM	Hydro Bootcamp (Damy)		Hydro Bootcamp (Damy)		Hydro Bootcamp (Damy)	
8:45AM	Gentle Mat Yoga (Liz)	Gentle Power Yoga (Liz)	Forever Fit! (Betty)	Power Yoga (Liz)	Power Max Yoga (Liz)	
9:00AM	Aqua Hiit (Amy)	Aqua Zumba (Lenesha)	Hydro Strength (Damy)	Aqua Fit (Amy)	Aqua Hiit (Damy)	
9:45AM		JACKed (Jackye)		JACKed (Jackye)	Circuit Bootcamp (Vince)	
10:45AM	Zumba (Ashley)					Zumba (Ashley)
11:15AM			Cardio Boxing (Vince)		Weight Training (Ryan) FITNESS FLOOR	
5:00PM					Yoga (Liz)	
5:30PM	Total Body Bootcamp (Vince)					
6:00PM		Zumba (Lenesha)	MixedFit (Lenesha)	Zumba (Ashley)		
6:30PM	Hydro Bootcamp (Damy) 17 th /24 th		Hydro Bootcamp (Amy)			



LIBERTY COUNTY ASYMCA CLASS DESCRIPTIONS

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.

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!

BOXING: A mixture of boxing techniques to let out all that frustration you hold in all week and a great way to get some cardio! **Will be held in the Boxing room.**

CURCUIT BOOTCAMP: A high intensity group exercise class that moves through circuits of weight training & traditional calisthenics and body weight exercises with interval training as well as strength & conditioning.

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.

JACKed: Will increase strength and core stability, while improving metabolic conditioning. We will use free weights and Body weight movements during High intensity circuit and interval training.

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

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.

WEIGHT TRAINING: Have a workout "happy hour" with our Personal Trainer Ryan. All are welcome to this class on the fitness floor! Time to get those gains you've always wanted! **45 minutes**

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.

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!

Our Mission:

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