



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

GROUP WELLNESS & AQUA AEROBICS SCHEDULE APRIL 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		#HAPPYEASTER
7:30AM (POOL)	HYDRO BOOT CAMP (ALVIN)		HYDRO BOOT CAMP (ALVIN)		HYDRO BOOT CAMP (ALVIN)	
8:00AM		FOREVER FIT (BETTY) 8:00-8:40am				
8:45AM	YIN YOGA (HEATHER)	STRETCH (SHERI)	YOGA (AREAKA)	YOGA (HEATHER)	STRETCH (SHERI)	SPIN (CYNTHIA)
9:00AM (POOL)	AQUAFIT (AMY)	HYDRO RESISTANCE (BETTY)	HYDRO STRENGTH (DAMY)	HYDRO BOOT CAMP (DONI B)	AQUA ZUMBA (LENESHA)	AQUA ZUMBA (MARGIT)
9:45AM	STRONG BY ZUMBA® (LENESHA)	SPIN (CYNTHIA)	KICK AND CORE (BETTY)	TOTAL BODY BOOTCAMP (VINCE) (90 minutes)	SPINSANITY (DONI B)	ZUMBA® (TINA)
10:45AM	ZUMBA® (ASHLEY)	HIIT (BIRRANDA)	ZUMBA GOLD® (LENESHA)		ZUMBA® (MARGIT)	STRONG BY ZUMBA® (LENESHA/EKTA)
5:00PM	TOTAL BODY BOOTCAMP (VINCE)	MIXXEDFIT (LENESHA)		KICK & CORE (BETTY)	<u>EASTER HOLIDAY SCHEDULE</u> April 19: Good Friday NO classes/NO child watch April 20: NO classes/NO child watch April 21: Closed Easter Sunday <u>NOTE:</u> <u>SPRING BREAK SCHEDULE BELOW</u>	
5:30PM			STRONG BY ZUMBA (LENESHA\EKTA) (5:30-7:00)			
6:00PM	ZUMBA (MARGIT)	SPINSANITY (DONI B)		ZUMBA® (MARGIT)		
6:30PM (POOL)	HYDRO BOOT CAMP (ALVIN)		HYDRO BOOT CAMP (ALVIN)			
7:00PM	MIXXED FIT (LENESHA)		ZUMBA (TINA)	POWER YOGA (AREAKA)		
SPRING BREAK SCHEDULE April 22 Thru April 27						
9AM	ZUMBA (ASHLEY)	SPIN (CYNTHIA)	YOGA (LIZ)	TOTAL BODY BOOTCAMP (VINCE)	ZUMBA (MARGIT)	
6PM	TOTAL BODY BOOTCAMP (VINCE)	MIXXED FIT (SARAH)	STRONG (EKTA)	ZUMBA (MARGIT)		

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.

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!

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+)

H.I.I.T: High Intensity Interval Training is defined as short, intense bursts of physical activity, paired with intervals of quick rests.

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.

KICK & CORE: A moderate to high in intensity and energy, martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness!

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.

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

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

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

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 traditional calisthenics and body weight exercises with interval training and strength training.

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.

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.