



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP WELLNESS & AQUA SCHEDULE

♥ FEBRUARY 2019 ♥

201 MARY LOU DRIVE, HINESVILLE GA. 31313, (P) 912-368-9622

YMCA HOURS: MON-FRI 5:00AM-9:00PM/SAT 8:00AM-5PM/SUN 1PM-6PM

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:45AM	♥	ANYTHING GOES KAREN/KAME	♥	ANYTHING GOES KAREN/KAME	♥	♥	
7:30AM (POOL)	HYDRO BOOT CAMP (ALVIN)	#Health	HYDRO BOOT CAMP (ALVIN)	#Wellness	HYDRO BOOT CAMP (ALVIN)	SATURDAYS: Childwatch 8am-12pm	
8:45AM	YIN YOGA (HEATHER)	FOREVER FIT (BETTY) 8:00-8:40am STRETCH (SHERI) 8:45-9:40am	YOGA (AREAKA)	YOGA (HEATHER)	STRETCH (SHERI)	TOTAL BODY BOOTCAMP (VINCE) 8:15-9:40am #42DayChallenge	
9:00AM (POOL)	HYDRO STRENGTH (DAMY)	HYDRO BOOT CAMP (DONI)	HYDRO STRENGTH (DAMY)	HYRDO RESISTENCE (BETTY)	AQUA ZUMBA (LENESHA)	*No regularly scheduled classes on February 9th for GET FIT WITH CUPID*	
9:45AM	STRONG BY ZUMBA® (LENESHA)	SPIN (CYNTHIA)	KICK AND CORE (BETTY)	TOTAL BODY BOOTCAMP (VINCE) (90 minutes)	SPINSANITY (DONI)	ZUMBA® (TINA)	
10:45AM	ZUMBA® (ASHLEY)	HIIT (BIRRANDA)	ZUMBA GOLD® (LENESHA)		ZUMBA® (MARGIT)	STRONG BY ZUMBA® (LENESHA/EKTA)	
11:00AM (POOL)	♥	GET FIT WITH CUPID: FEBRUARY 9TH, 9AM-11AM (Free fitness demo for the whole family)				♥	AQUA ZUMBA® (MARGIT)
5:00PM	TOTAL BODY BOOTCAMP (VINCE)	MIXXEDFIT (LENESHA)	YOGA (LIZ)	SPIN (KIMBERLY)	KICK AND CORE (BETTY) 5:00pm *NO CHILDCARE Friday nights* ♥	February 9th: 6th Annual Get Fit With Cupid family fitness event. (aerobics room) 9am-11am February 13th: Membership appreciation breakfast. (board room) 6am-10am	
6:00PM	ZUMBA (MARGIT)	ZUMBA KIDS® (MARGIT)	STRONG BY ZUMBA (LENESHA/EKTA) (6:30)	ZUMBA® (MARGIT)			
6:30PM (POOL)	HYDRO BOOT CAMP (ALVIN)		HYDRO BOOT CAMP (ALVIN)				
7:00PM	MIXXEDFIT (LENESHA)	ZUMBA® (TINA)	#getfitstayfit	POWER YOGA (AREAKA)			

DONI BREZENSKI: FITNESS/AQUATIC DIRECTOR

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Heart Healthy Month
At the Y

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!

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

PILOXING: A non-stop, cardio fusion of standing pilates and boxing!

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.

ZUMBA KIDS/JR.®: A rockin, high energy dance party packed with kid-friendly routines.

YMCA MISSION

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