




ALL NEW  
CLASSES!

# MCINTOSH YMCA FITNESS CLASSES

## FEBRUARY 2019

YMCA HOURS MONDAY – THURSDAY 6 AM – 9 PM / FRIDAY 6 AM – 7 PM / SATURDAY 8 AM – 1PM  
Tel.912.437.9622

AEROBICS ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00AM		LINE DANCE Sandra		LINE DANCE Sandra		DID YOU "LIKE" US ON FACEBOOK YET?  
9:30AM						
10:00AM		Strength I Angie		Strength I Angie		
10:15AM						
10:30AM	Transform Catherine		Transform Catherine			
10:45AM		Chair Yoga Angie		Chair Yoga Angie		
5:30 PM	HIIT Kim	ZUMBA Shavonne		Transform Catherine		
5:45 PM			HOT YOGA Annie			
6:00 PM						
6:15PM	Barre & Core Kim	PICKLEBALL 6:30 PM		Zumba Judith		
<b>CYCLE ROOM</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
9:30 AM						
Child Watch AM	9:00-12:00	9:00-12:00	No Child Watch	9:00-12:00	No Child Watch	No Child Watch
Child Watch PM	5:00-7:30	5:00-7:30	No Child Watch	5:00-7:30	No Child Watch	No Child Watch

**PICKLEBALL**  
**Tuesday 6:30 PM**  
**Saturday 9:00AM**



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MCINTOSH YMCA CLASS DESCRIPTIONS FEBRUARY 2019

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

## AEROBICS CLASSES

**Transform:** A total body work out aimed at building strength, balance, posture and flexibility. Workout stations include dumbbells, resistance bands, the stability ball and more. This class may be low impact but be prepared to sweat!

**Muscular Strength (Beginner-Intermediate):** fun variety of moves designed to increase strength and range of motion for daily activities, chair support offered for safety; includes: hand weights, tubes & small balls.

**Chair Yoga:** seated/standing yoga poses; chair support offered for safety, is a great practice for everyone, as it deepens flexibility and strengthens personal body awareness, and is a great stress reducer.

**Line DANCE:** Exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner.

**Power Step:** Utilizing an adjustable step, this class brings your cardiovascular workout to new heights. Designed to burn body fat, break through fitness plateaus and increase your overall aerobic capacity.

**HIIT:** High intensity intervals class focuses on short bursts of intense exercise followed by lower intensity periods of active recovery; you will be challenged in all aspects of fitness. You will be pushed by an experienced coach through a carefully program that will help you build muscle, strength and endurance.

**Barre & Core Express:** the mixed elements of Pilates, voga, functional training, along with an explosive Abs workout!! These moves are choreographed to motivating music, while energizing and targeting key muscles in this low impact workout. You'll use the Barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body.

**Hot Yoga:** Improve strength, balance, and flexibility while carving out time to center and reconnect with yourself. The guided relaxation at the end will rest and restore you. Each pose offers several levels from beginner to advance to fit each body.

**Zumba®:** A dance fitness sensation with easy-to-follow choreography, for a total body, dance party workout.

In the event an instructor is unable to teach and is unable to get substitute, we will have to cancel class for that day. We will make every effort to notify class participants. Please make sure you have signed the contact list for the classes in which you participate.

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