



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# APRIL LAND EXERCISE SCHEDULE

Any class with a ★ next to it is a class that is appropriate for someone new to Group Exercise or anyone in THE COACH APPROACH®.

For additional information about these classes or THE COACH APPROACH-An Exercise Support Process®, please contact the Wellness Department at 404-370-5637.

	<u>Time</u>	<u>Class</u>	<u>Level</u>	<u>Instructor</u>	<u>Location</u>
<b>MON.</b>	9:15-10:15	★Fit and Firm	1-2	Lisa S.	Studio
	9:15-10:30	★Flow Yoga	1-2	Lisa B.	Meeting Rm 3
	9:30-10:30	Mid-Morning Cycling	1-2	Barbie	Cycling Studio
	9:30-10:30	Pilates	2	Micki	Heritage Rm
	10:35-11:20	★Senior Strengthen	1	Elfreda	Multi-purpose
	10:35-11:05	Little Maestro	1	Sherrie	Studio
	10:45-11:45	★Qi Gong	1	Aviva	Meeting Rm 3
	<b>"New Class"</b> 12:00-1:00 PM	<b>Pilates</b>	<b>1-2</b>	<b>Pattie</b>	<b>Heritage Rm</b>
	4:00-5:00	★Step to it	1	Allison	Studio
	5:05-5:55	Zone & Tone	2	Frances	Studio
	6:00-7:00	Group Cycling	3	Joseph	Cycling Studio
	6:00-7:00	★Cardio Funk	1	Alethia	Studio
	6:00-7:00	★Beginners Walking	1	Meta	Multi-Purpose Rm
	7:00-7:45	Step Interval	2	Monique	Studio
7:00-8:00	Pilates	2	Micki	Heritage Rm	
7:00-8:15	★Yoga Meditative Flow	1-3	Susan M.	Meeting Rm 3	
<b>TUES.</b>	6:00-7:00 AM	Group Cycling	3	Darrell	Cycling Studio
	7:00-8:00	Fitness Fusion	1-2	Elfreda	Studio
	<b>"New Class"</b> *7:30-8:30	<b>Group Cycling</b>	<b>1-3</b>	<b>Barbie</b>	<b>Cycling Studio</b>
	9:15-10:15	Pilates	2	Elle	Heritage Rm
	9:30-10:30	★Body Sculpting	1	Harmony	Studio
	<b>"New Class"</b> 9:30-10:45	<b>Pre &amp; Postnatal Yoga</b>	<b>1</b>	<b>Lisa B</b>	<b>Meeting Rm 3</b>
	10:00-11:00	★Chair Aerobics	1	Rae-Rae	Multi-Purpose
	10:30-11:00	Toddlercize	1	Ife	Heritage Rm
	11:00-12:00 PM	Tai Chi	1	Matthew	Multi-Purpose Rm
	11:10-12:00	★Mommy & Me Fitness	1	Ife	Studio
	4:10-5:10	Step 3	3	Kammick	Studio
	5:15-6:15	★Zumba	1-3	Jamie	Studio
	5:30-6:30	Group Cycling	3	Will	Cycling Studio
	6:25-7:25	Turbo Kick	1-2	Melonie	Studio
6:30-8:00	★Flow Yoga	1-2	Lisa B.	Meeting Rm 3	
8:00-9:00	Step	2	Elgin	Studio	

\*Class will start 4/10/12.

East Lake Family YMCA ♦ 275 East Lake Blvd. ♦ Atlanta, GA 30317 ♦ (404) 373-6561 ♦ [www.ymcaatlanta.org](http://www.ymcaatlanta.org)

	<u>Time</u>	<u>Class</u>	<u>Level</u>	<u>Instructor</u>	<u>Location</u>	
<b>WED.</b>	6:00-7:00AM	★Abs and Sculpt	1-3	Lisa	Studio	
	8:00-9:00	★Walking W/Arthritis	1	Meta	Multi-Purpose Rm	
	9:15-10:30	★Total Body Yoga	1-2	Michelle	Heritage Rm	
	9:30-10:30	★Gentle Yoga	1	Lisa B	Meeting Rm 3	
	9:45-10:45	Mid-Morning Cycling	1-2	Barbie	Cycling Studio	
	9:45-10:45	★Power Pump	1-2	Danielle	Studio	
	10:45-11:30	Pilates	2	Micki	Meeting Rm 3	
	10:45-11:30	★Senior Strengthen	1	Danielle	Multi-purpose	
	10:50-11:45	Qi Gong Fusion	1-2	Aviva	Studio	
	11:00-11:30	Toddlercize	1	staff	Heritage Rm	
	11:50-12:45 PM	Belly Dance	1-2	Aviva	Studio	
	<b>"New Class"</b>	<b>12:00-1:00</b>	<b>Pilates</b>	<b>1-2</b>	<b>Pattie</b>	<b>Heritage Rm</b>
		5:05-6:05	Interval Training	2	Jamel	Studio
		5:30-6:30	★Easy Yoga	1	Duriya	Meeting Rm 3
		5:35-6:35	Group Cycle	3	Elfreda	Cycling Studio
		6:05-6:30	Amazing Abs	2	Jamel	Studio
		6:35-7:35	Advanced Step	3	Vince	Studio
	7:35-8:45	Allstar Boot Camp	1-2	Allison	Studio	
<b>THURS.</b>	6:00-7:00AM	Group Cycling	1-3	Karen	Cycling Studio	
	7:00-8:00 AM	Fitness Fusion	1-2	Elfreda	Studio	
	9:15-10:15	Pilates	2	Julia	Heritage Rm	
	9:40-10:30	Mommy & Me Fitness	1	Ife	Studio	
	<b>"New Class"</b>	<b>11:30-12:45 PM</b>	<b>Yoga</b>	<b>1</b>	<b>Marsha</b>	<b>Meeting Rm 3</b>
		4:10-5:10	Step 3	3	Kammick	Studio
		5:45-6:35	Pilates	2	Pattie	Heritage Rm
		6:00-6:30	Six Pack Abs	2	Elgin	Studio
		6:25-7:25	Step Survival	3	Elgin	Studio
	<b>"New Time"</b>	7:00-8:00	Group Cycling	3	Leslie	Cycling Studio
	7:35-8:35	★Pilates Mix	1	Elfreda	Studio	
<b>FRI.</b>	6:00-7:00 AM	Group Cycling	3	Darrell	Cycling Studio	
	8:00-9:00	★Water Aerobics	1	Mr. Ted	Lagoon	
	8:00-9:00	★Step & Sculpt	1	Vince	Studio	
	9:00-9:50	Shape & Sculpt	1-2	Marissa/Tina	Studio	
	9:30-10:30	★Gentle Yoga	1	Susan	Meeting Rm 3	
	9:30-10:30	Mid-Morning Cyling	1-2	Barbie/Harmony	Cycling Studio	
	10:00-11:00	★World Dance Party	1	Aviva	Studio	
	10:30-11:30	★Tai Chi	1	Matthew	Meeting Rm 3	
	6:00-7:00 PM	Intermediate Walking	1-2	Meta	Multi-Purpose Rm	
	6:35-7:35	Allstar Boot Camp	1-2	ELY Staff	Studio	
<b>SAT.</b>	7:00-8:30	★Relaxation Yoga	1	ELY Staff	Meeting Rm 3	
	8:15-9:15 AM	★Zumba	1-3	Jamie	Studio	
	8:30-9:30	Group Cycling	3	Catherine	Cycling Studio	
	9:20-10:25	Yoga/Pilates Sculp	2	Duriya	Studio	
	10:30-11:30	30/30	2	Lisa R.	Studio	
	11:35-12:35 PM	★Tone It Up	1-2	Danielle	Studio	
	12:40-1:40	Abs/Interval Training	2-3	Jamel	Studio	
<b>SUN.</b>	12:30-1:30 PM	Power Yoga	2	Kathy	Studio	
	1:00-2:00	Group Cycling	3	Will/Susan	Cycling Studio	
	1:45-2:45	Body Sculpt	1-2	Kathy	Studio	

**1 = Beginner, 2 = Intermediate, 3 = Advance Classes**

- This schedule is also available on our website: [ely.ymcaatlanta.org](http://ely.ymcaatlanta.org).
- These classes are available for members only.
- Children ages 9-12 years may take coach approach classes if accompanied by an adult, but are excluded from group cycling.
- You can give a child the opportunity to learn, play and grow at the YMCA by donating to the Partner With Youth annual sustaining campaign, see membership for details.



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# APRIL WATER AEROBICS SCHEDULE

Any class with a ★ next to it is a class that is appropriate for someone new to Group Exercise or anyone in THE COACH APPROACH®.

For additional information about these classes or THE COACH APPROACH-An Exercise Support Process®, please contact the Wellness Department at 404-370-5637.

	<u>Time</u>	<u>Class</u>	<u>Level</u>	<u>Instructor</u>	<u>Location</u>
<b>MON.</b>	8:00-9:00 AM	★Senior Water	1	Mr. Ted	Lagoon
	9:00-10:00	★Senior Water	1	Mr. Ted	Lagoon
	6:30-7:30 PM	★Aqua Funk	1	Patricia	Lagoon
<b>TUES.</b> "New Time"	8:00-9:00 AM	★Senior Aqua Jam	1	Patricia	Lagoon
	9:00-10:00	★Aqua Jam	1	ELY Staff	Lagoon
	7:00-8:00 PM	★Aqua Funk	1	Leslie	Lagoon
<b>WED.</b>	8:00-9:00 AM	★Senior Water	1	Mr. Ted	Lagoon
	9:00-10:00	★Senior Water	1	Mr. Ted	Lagoon
	10:30-11:00	Aquababy	1	Ife	Lagoon
	6:30-7:30 PM	★Liquid Tone	1	Felicia	Lagoon
<b>THURS.</b>	8:00-9:00 AM	★Senior Aqua Jam	1	Patricia	Lagoon
	9:00-10:00	★Aqua Jam	1	ELY Staff	Lagoon
	7:00-8:00 PM	★Aqua Boogie	1	Stephanie	Lagoon
<b>FRI.</b>	8:00-9:00 AM	★Senior Water	1	Mr. Ted	Lagoon
	9:00-10:00	★Senior Water	1	Mr. Ted	Lagoon
<b>SAT.</b>	11:00-12:00 PM	★Water Aerobics	1	Leslie	Lagoon

## 1 = Beginner

- This schedule is also available on our website: [ely.ymcaatlanta.org](http://ely.ymcaatlanta.org).
- These classes are available for members only.
- You can give one child the opportunity to learn water safety and improve confidence through one session of swim lessons by donating to the Partner With Youth annual sustaining campaign, see membership for details.