

YMCA Group & Water Fitness MAY 2012



MON

<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
5:45 - 6:45 AM	Group Cycle ♦	John	Studio
7:30-8:30AM	R.I.P.P.E.D ♦	Jeri Sue	Studio
8:40 - 9:15 AM	Sculpt Express	Susan	Gym
8:40 - 9:35AM	Group Step & Kick	Holly	Studio
9:00-10:00 AM	Senior Mobility ★	Kathy L.	Pool
9:30-10:30 AM	Boot Camp	Susan	Gym
9:40-10:40 AM	Power Sculpt ★	Holly	Studio
10:30-11:30 AM	Aqua Fit ★	Kathy L.	Pool
10:45-11:45 AM	Group Cycle	Bruce/Kim	Studio
12:00-1:00 PM	Beginner Yoga	Bruce	Studio
4:30-6:00PM	6-12 yr old "Monday Madness" †††		Gym
4:45- 5:40 PM	Boot Camp	Kellie W.	Studio
5:45 – 6:40 PM	Zumba Fit ★	Nancy	Studio
6:45 – 7:45 PM	Yoga	Rita	Studio

TUES

5:45-6:30 AM	Awesome ABS ♦	Jeri Sue	Studio
6:30-7:00 AM	Cycle Express ♦	Jeri Sue	Studio
7:40- 8:30AM	Group Cycle ♦	Kim/Becky	Studio
8:15- 9:00AM	Aqua Cardio Strength (NEW CLASS)	Jean	Pool
8:40-9:35 AM	Piloxing (NEW CLASS)	Sandy	Studio
9:00-10:00 AM	Boot Camp	Susan	Gym
9:00-10:00 AM	Poolates★	Mary	Pool
10:00-10:55 AM	Zumba ★	Sandy	Studio
10:30-11:30 AM	Power Aqua Tone ★	Kathy B.	Pool
11:00-11:55 AM	Pilates ★	Kelly V.	Studio
12:00-1:00 PM	Group Cycle	Kelly V.	Studio
4:45-5:40 PM	Cardio Interval	Kellie W./Kelly B.	Studio
4:30-6:00PM	6-12 yr old "Team Tuesday" †††		Gym
5:30-6:15 PM	Aqua Arthritis ★	Ann	Pool
5:45-6:40 PM	Group Cycle	Daisy	Studio
6:45-7:45 PM	Aqua Fit	Kathy L.	Pool
6:45-7:45 PM	Pi-Yo	Rita	Studio

WED

5:45-6:45 AM	Group Cycle ♦	Stephanie	Studio
7:30-8:30AM	R.I.P.P.E.D	Jeri Sue	Studio
8:40-9:35 AM	Functional Strength	Jeri Sue	Studio
9:00-10:00 AM	Senior Mobility ★	Kathy L.	Pool
9:40-10:40 AM	Cardio Blast	Susan	Studio
10:30-11:30 AM	Aqua Fit	Kathy L.	Pool
10:45-11:45 AM	Hip Hop	Sandy	Studio
12:00-1:00PM	Zumba Gold/Toning	Sandy	Studio
12:00-1:00 PM	Yoga Sculpt ★	Bruce	Activity Room #1
4:45-5:40 PM	Power Sculpt ★	Jeri Sue	Studio
4:30-6:00PM	6-12 yr old "Water Wednesday" †††		Pool
5:45-6:40 PM	R.I.P.P.E.D	Jeri Sue	Studio
6:45-7:45 PM	Zumba Fit ★	Heather/Stephanie	Studio

9-12 year olds may attend Group Exercise Classes with a parent except for:
Sculpt, Cycle,Zumba, Cardio Blast, Hip Hop Hustle, and Stability Ball Classes.

- ††† = Kid Friendly Class
- ★ = Coach Approach and Beginner Friendly Class
- ♦ = Childcare not available during this Class



Stay connected to the Y... Like us on Facebook : www.facebook.com/Forsyth_Y

THURS	Time	Class	Instructor	Location
	5:45-6:30 AM	Awesome ABS♦	Jeri Sue	Studio
	6:30-7:00 AM	Group Cycle Express♦	Jeri Sue	Studio
	8:40-9:35 AM	Power Pilates	Jeri Sue	Studio
	8:40-9:40 AM	Ultimate Running	Susan	Gym
	9:00-10:00 AM	Poolates ★	Mary	Pool
	9:40-10:40 AM	Piloxing ★ (NEW CLASS)	Sandy	Studio
	10:30-11:30 AM	Power Aqua Tone ★	Kathy B.	Pool
	11:00-11:55 AM	Zumba ★	Sandy	Studio
	12:00-1:00 PM	Cycle Core	Becky/Kellie W.	Studio
	4:45-5:40 PM	Group Kickboxing	Melissa	Studio
	4:30-6:00PM	6-12 yr old "Tutoring Thursday"	†††	Play Center/ Gym
	5:30-6:15 PM	Aqua Cardio Strength ★ (NEW CLASS)	Jean	Pool
	5:45-6:40 PM	Power Sculpt ★	Melissa	Studio
	6:45-7:45 PM	Group Cycle	Kim M.	Studio
	6:45-7:45 PM	Aqau Fit	Kathy L.	Pool
	6:45-7:45 PM	Power Pi-Yo	Kelly V.	Activity Room 1
FRI	7:00-8:30AM	Big Ride Friday (Cycle) ♦	Bruce	Studio
	8:40-9:35 AM	Turbo Step ★	Nancy	Studio
	9:00-10:00 AM	Boot Camp	Susan	Gym
	9:00-10:00AM	Senior Mobility ★	Kathy L.	Pool
	9:40-10:40 AM	Power Sculpt ★	Nancy	Studio
	10:30-11:30 AM	Aqua Fit	Kathy L.	Pool
	10:45-11:45 AM	Power Pi-Yo	Kelly V.	Studio
	12:00-1:00pm	Glutes –n- Guns (NEW CLASS)	Lynn	Studio
	4:30-6:00PM	6-12 yr old "Fun Fridays"	†††	Play Center/Gym
	4:45-5:40 PM	Cycle/ABS	Jeri Sue	Studio
	5:45-6:40PM	R.I.P.P.E.D	Jeri Sue	Studio
SAT	8:15-9:15 AM	Aqua Fit	Kathy L.	Pool
	8:40-9:30 AM	Turbo Step	Bill	Studio
	9:30-10:15 AM	Power Sculpt	Bill	Studio
	10:20-10:50 AM	Awesome ABS	Jeri Sue	Studio
	11:00-11:55 PM	Group Cycle (Reservation Required)	Daisy	Studio
	12:00-1:00 PM	Power Yoga	Nancy/Desiree/Samantha	Studio
SUN	1:30-2:30 PM	Power Pilates ♦	Toni	Studio
	2:45-3:45 PM	Zumba ♦	Toni	Studio

- **Awesome ABS:** Class designed to strengthen your core focusing on abdominals and lower back.
- **Boot Camp:** Be prepared to sweat with this challenging workout designed to improve strength, agility and endurance.
- **Cardio Blast:** This cardio intense workout will include interval combinations: step, cycle, jump rope, kickboxing and circuit training.
- **Cardio Interval:** This class is designed to increase strength for a total body workout. Great for beginners to intermediate exercisers.
- **Group Cycle:** This class is designed to take you on a virtual bike ride with motivational music. Exercise at your own intensity level.
- **Cycle ABS:** Start of with a cardio cycle ride and finish up with a dynamic core workout focusing on abdominals and lower back.
- **Aqua Cardio Strength:** High impact cardio with weight bearing exercises. Great class to get your heart rate up with cardiovascular benefits.
- **Hip Hop Hustle:** This class is designed to incorporate fun and doable dance moves to make exercise FUN!
- **Group Kickbox:** Kick, punch, and jab your way into a healthy lifestyle. Improves overall fitness coordination and stamina.
- **Power Pilates:** This class is a mat core-focused, conditioning class with concentration on flexibility, strength and muscle tone.
- **Power Yoga:** Yoga is great for muscle imbalances, chronic pain and stress reduction. Disconnect from your daily activities
- **Yoga Sculpt:** A yoga based class with light weights in standing poses. The class will help you tone and increase your flexibility.
- **Pi-Yo:** A combination of both Yoga and Pilates all in one workout.
- **Power Sculpt & Sculpt Express:** A total body conditioning and toning class focusing on strength and endurance. This class combines dumbbells, barbells, bands, BOSU and stability balls.
- **Group Step:** This cardio focused class uses steps to help maximum your heart rate for overall calorie burn while toning at the same time.
- **Zumba Fit:** A hot, Latin-inspired, aerobic dance class that combines salsa, reggaeton, tango, meringue, calypso and belly dancing.
- **Zumba Gold:** This class is designed for the older active adult, beginners and rhythm-challenged dancers. This class is a slower pace.
- **Piloxing:** A high energy and fun combination of Kick-boxing and Pilates rolled into one class. **NEW CLASS**
- **Glutes-n-Guns:** A class focused on lower body and upper body using Gliders that will sculpt the entire body. High reps and low weight.
- **Aqua Arthritis:** This 45 minute water class helps to build joint and muscular strength for those with arthritis. All ages are welcome!
- **Power Aqua Tone:** 15 min of stretching and warm up followed by 25 mins of cardio aerobics with 20 minutes of cool down and stretches.
- **Aqua Fit:** The great water class will include warm-up followed by a medium to high impact workout.
- **Senior Mobility:** Stretching, mobility and coordination activities to activate the muscles and improve coordination and balance.
- **Pilates:** Full body workout to help improve flexibility, coordination, balance, muscle control and alignment. All ages welcome
- **Glutes-n-Guns:** A high rep class using GLIDERS that focuses on Glutes, Biceps, Triceps and ABS. Time to get GLIDING. **NEW CLASS**
- **Ultimate Running:** Designed for intermediate to advance runners to improve running skills and distance.
- **R.I.P.P.E.D:** Resistance, Interval, Plyometrics, Power, Endurance, Diet and Nutrition. Every 6 to 9 minutes segment changes.