



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Robert D. Fowler Family YMCA
770-246-9622
ymcapass.com

May 2012

Group Exercise Schedule

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
MONDAY	5:20 –6:00	XFIT	Bob	Activities Room
	5:30-5:45	Abs	Shelby	Aerobic Room
	5:45-6:45	Body Pump	Shelby	Aerobic Room
	6:00-6:45	Boot Camp	Jennifer	Front Desk
	6:00-7:00	Master Swim	Mark	Pool
	6:15-7:15	10-K Run	Jim	Y Front Desk
	9:00-10:00	★Water Aerobics	Charly	Pool
	9:00-10:00	Body Pump	Maureen/Elissa	Aerobic Room
	9:15-10:15	Group Cycling	Shelby	Cycling Room
	10:30-11:30	Inside Walking	Linda	Track
	10:30-11:45	Step & Sculpt	Laraine	Aerobic Room
	2:00-3:00	★Gentle Chair Yoga	Lin	Senior Center
NEW CLASS	4:45-5:30	Family Yoga (Ages 7+)	Carrie	Aerobic Room
	6:00-7:00	Group Cycling	Irene	Cycling Room
	6:00-7:00	Body Pump	Margaret	Aerobic room
	7:15-8:30	Yoga	Carrie/ Cindy	Aerobic Room
TUESDAY	5:15-6:15	Group Cycling**	Shelby	Cycling Room
	6:00-7:00	★Piloga	Jaynie/Carrie	Aerobic room
	6:15-7:10	Group Cycling**	Shelby	Cycling Room
	8:00 -9:00	★Walking Club	Debbie	Y Front Desk
	9:00-10:00	Group Cycling	Irene	Cycling Room
	9:00-10:00	★Water Aerobics	Jan	Pool
	9:45-11:00	Abs/Body Sculpt	Teri	Activities Room
	9:30-10:45	Yoga-Intermediate/ Advanced **	Ranjana	Aerobic Room
	11:00-12:00	★Active Senior Aerobics	Gina	Aerobic Room
	11:00-12:00	Core Conditioning	Laraine	Activities Room
	12:15-1:15	★Tai Chi	Paula	Aerobic Room
	6:00-7:00	★Beginner Group Cycling	Lisa DH /Maureen	Cycling Room
	6:00-7:00	Kickboxing / Abs	Renee	Aerobic Room
	6:30-7:30	★Water Aerobics	Ann Marie	Pool
	6:45-7:45	★Beginner Pilates	Charly	Activities Room
	7:00- 8:00	Zumba	Marta	Aerobic Room
WEDNESDAY	5:20 – 6:00	XFIT	Bob	Activities Room
	5:15- 6:15	Body Pump	Elissa/Jennifer	Aerobic Room
	5:30-5:50	Interval Run	Jim	NHS Track
	6:00-6:45	Boot Camp	Lisa G	Y Front Desk
	6:00-7:00	Master Swim	Mark	Pool
	6:00-7:00	Group Cycling	Bob	Cycling Room
	7:45-8:45	★Water Walking	Susan	Pool
	8:35-9:35	Zumba	Julie	Aerobic Room
	9:00-10:00	Water Circuit	Charly	Pool
	9:30-10:45	★Yoga Basics	Carrie	Senior Center
	9:45-10:45	Body Pump	Carol	Aerobic Room
	9:45 –10:45	Pilates with the Ball	Dominique	Activities Room
	9:45 –10:45	Group Cycling	Laraine	Cycling Room
	11:00-12:00	Beginning Zumba	Dominique	Aerobic Room
	2:00-2:45	★Senior Chair Exercise	Louise	Senior Center
NEW CLASS	4:30-5:15	Zumba for Middle Schoolers	Julie	Aerobic Room
	6:00-7:00	Group Cycling	Irene	Cycling room
	6:00- 7:00	Body Pump	Lisa DH	Aerobic Room
	7:15- 8:30	Yoga-intermediate	Cindy	Aerobic Room
THURSDAY	5:15-6:10	Group Cycling **	Shelby	Cycling Room
	6:00- 7:00	★Piloga	Jaynie/Carrie	Aerobic Room
	6:15-7:10	Group Cycling **	Shelby	Cycling Room
	8:30-9:30	★Zumba	Karen	Aerobic Room
	9:00-10:00	★Water Aerobics	Jan	Pool
	9:30-10:45	Abs/Body Sculpt	Star	Activities Room
	9:30-10:45	★Yoga **	Ranjana	Aerobic Room
	9:45-10:45	★Group cycling	Michelle	Cycling Room
	11:00-12:00	★Senior Interval Training	Charly	Aerobic Room
	11:00- 12:00	Core Conditioning	Laraine	Activities Room
	6:00-7:00	Group Cycling	Maureen	Cycling Room
	6:00-7:00	Total Body Conditioning	Renee	Aerobic Room
	6:30-7:30	★Water Aerobics	Mildred	Pool
	7:00-8:00	★Zumba	Marta	Aerobic Room
	7:00-8:15	★Gentle Yoga	Lin	Activities Room

Time	Class	Instructor	Location
FRIDAY			
5:20 -6:00	XFIT	Bob	Activities Room
5:30-5:45	Totally Abs	Shelby	Aerobic Room
5:45-6:45	Body Pump	Shelby	Aerobic Room
6:00-7:00	Master Swim	Mark	Pool
6:15-7:15	10-K Run	Jim	Y Front Desk
8:15 - 9:00	★Aquatics Stretching	Louise	Pool
8:45- 9:30	Total Body Conditioning	Shelby	Activities Room
9:00-10:00	★Water Aerobics	Louise	Pool
9:00-10:00	Body Pump	Maureen	Aerobic Room
9:30-10:15	Total Body Conditioning	Shelby	Activities Room
10:00-11:00	Group Cycling	Laraine	Cycling Room
10:30-11:45	★Gentle Yoga with Meditation	Lin	Aerobic Room
12:00-1:00	★Zumba	Joie	Aerobic Room
SATURDAY			
8:05-9:05	Body Pump	Carol	Aerobic Room
8:15- 9:15	Group Cycling	Irene	Cycling Room
9:00-10:00	★Water Aerobics	Jan	Pool
9:10-10:10	Body Pump	Margaret	Aerobic Room
9:20 – 10:20	Pilates	Carol	Activities Room
10:15-10:50	Step Express	Lisa DH	Aerobic Room
11:00-12:15	Yoga	Carrie	Aerobic Room
12:30-1:30	★Zumba	Star/Enhicis	Aerobic Room
SUNDAY			
1:10- 2:10	★Zumba	Enhicis/ Star	Aerobic Room
2:15-3:30	★Yoga	Cindy/ Lin	Aerobic Room
3:45 -4:45	Body Pump	Elissa / Maureen	Aerobic Room
5:00 -6:00	Group Cycling	Maureen/ Irene	Cycling Room

Class Descriptions

- **Abs & Back** - Concentrates on the abdominal muscles with an added emphasis on the opposing muscles in the lower back.
- **Boot Camp** - A 45 minute intense class with cardio and strength drills. Bring water & towel.
- **Body Pump**- Original barbell class to choreographed music. No steps, no dancing. Pure strength training put to motivational music.
- **Body Sculpting** - Works your muscles from head to toe using light weights and other resistance equipment.
- **Core Conditioning** - An abs /back workout using various exercises and poses to strengthen your core.
- **Group Cycling** -This class uses a unique stationary bike in a "group" environment. Water bottles & towels highly recommended!
(Certain classes require reservations.)
- **Pilates** - A class dedicated to increasing strength through your core muscles in your abdominal wall and back
- **Piloga** - A combination of yoga and Pilates.
- **Senior Active Aerobics** - A modified cardiovascular workout for those seniors who have a more active lifestyle
- **Step** - A great cardiovascular workout using an adjustable platform.
- **Stretch and Flex With a Kick** - Less impact than our regular Water Aerobic class, but still a great cardiovascular workout.
- **Tai Chi** - Uses slow, fluid motions for a great mind/body connection.
- **Total Body Conditioning**- A 30 minute workout with cardio & weight training moves designed to keep your heart rate high. Modeled after the Xfit program.
- **X Fit** - INTENSE, constantly varied, full body training using functional exercises and a combination of weightlifting, gymnastic movements, running and jumping drills. High energy music. Intended to raise one's anaerobic threshold.
- **Walking Club**- Walking outdoors 2 - 4 miles, depending on individual's exercise level. When there is inclement weather, the walk is moved inside the Y.
- **Water Aerobics** - A cardiovascular workout with the added resistance of water. Gentle on your joints and easily adaptable to your level of fitness making it the perfect class for ALL fitness levels.
- **Yoga** - Encourages flexibility, range of motion and stress relief.
- **Zumba** - An aerobic class utilizing Latin American dance moves and music.

Childcare Hours:

Mon-Thurs, 8:30-1:15, 4:00-8:30pm
 Friday, 8:30-1:15, 4:00-7:00pm
 Sat. 8:00-1:00pm
 Sun. 2:00-4:00pm

(★) These Classes utilize THE COACH APPROACH :

An Exercise Support Process, appropriate for those new to exercise. For additional information please contact Gina Lembo at ginal@ymcaatlanta.org

(★ ★) These classes require that you sign up 24 hours ahead to reserve your space