



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# GROUP EXERCISE SCHEDULE

## Northeast Cobb YMCA -- Main Studio classes

Studios are air-conditioned for your comfort. Please dress appropriately. If you are susceptible to cool temperatures, please bring a jacket. As a courtesy to all participants, please arrive to class on time.

KEY: ♥ Class is appropriate for members new to Group Exercise and/or participating in THE COACH APPROACH.

♥♥ Very gentle class.

<b>MONDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
6:00AM-7:00AM	Pure Strength	Lisa	Main Studio
8:30AM-9:30AM	Cardio Kickbox	Darcy	Main Studio
9:45AM-10:45AM	Pure Strength	Jeri	Main Studio
11:00AM-12:15PM	Yoga ♥	Pam	Main Studio
5:30PM-6:00PM	Below The Belt ♥	Lorna	Main Studio
6:00PM-6:25PM	Upper Cuts ♥	Lorna	Main Studio
6:30PM-7:25PM	Zumba	Chris	Main Studio
7:30PM-8:30PM	Tai Chi ♥♥	Philip	Main Studio
<b>TUESDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
7:45AM-8:15AM	Upper Cuts ♥	Lorna	Main Studio
8:30AM-9:30AM	Pure Muscle ♥	Jamie	Main Studio
9:45AM-10:45AM	Urban Groove ♥	Omega	Main Studio
11:00AM-12:00PM	Pi-Yo Fusion ♥	Frannie	Main Studio
5:30PM-6:00PM	Zumba	Dianna R.	Main Studio
6:30PM-7:25PM	Pure Muscle ♥	Traci	Main Studio
7:30PM-8:15PM	Yoga ♥	Cheryl	Main Studio
<b>WEDNESDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
6:00AM-7:00AM	Pure Strength	Lisa	Main Studio
8:30AM-9:30AM	Zumba & Strength	Dianna R.	Main Studio
9:45AM-10:45AM	Mat Pilates ♥	Barbie	Main Studio
11:00AM-12:15PM	Yoga ♥	David	Main Studio
5:30PM-6:00PM	Below The Belt ♥	Lorna	Main Studio
6:00PM-6:25PM	Upper Cuts ♥	Lorna	Main Studio
6:30PM-7:25PM	Mat Pilates Y	Frannie	Main Studio
<b>THURSDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
7:45AM-8:15AM	Upper Cuts ♥	Lorna	Main Studio
8:30AM-9:30AM	Pure Strength	Darcy	Main Studio
9:45AM-10:45AM	Cardio Kickbox	Darcy	Main Studio
11:00AM-12:00PM	Pi-Yo Fusion ♥	Frannie	Main Studio
5:30PM-6:25PM	Zumba	Liz	Main Studio
6:30PM-7:30PM	Pure Muscle ♥	Chris	Main Studio
7:30PM-8:15PM	Yoga ♥	Archana	Main Studio
<b>FRIDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
6:00AM-7:00AM	Pure Strength	Lisa	Main Studio
8:30AM-9:30AM	Zumba & Strength	Dianna R.	Main Studio
9:45AM-10:45AM	Pure Muscle (Sets & Reps) ♥	Lorna	Main Studio
11:00AM-12:15PM	Yoga ♥	Jeny	Main Studio
5:00PM-6:00PM	Pure Muscle ♥	Paula	Main Studio

<b>SATURDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
7:00AM-7:30AM	Upper Cuts ♥	Lorna	Main Studio
7:35AM-8:30AM	Cardio Kickbox	Darcy	Main Studio
8:40AM-9:35AM	Pure Strength	Dianna R.	Main Studio
9:45AM-10:45AM	Zumba	Dianna R.	Main Studio
11:00AM-12:00PM	Stretch For Life ♥♥	Diane	Main Studio
<b>SUNDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
11:15AM-12:15PM	Pure Muscle ♥	Chris/Sidney	Main Studio

## **CLASS DESCRIPTIONS**

### **CONDITIONING**

#### **BELOW THE BELT**

A 30-minute lower body workout that targets and tones these muscle groups: abdominals, gluteus, quadriceps, hamstrings, abductors and adductors.

#### **PURE MUSCLE**

A classic "old school" muscle conditioning class that tones and strengthens the entire body. Utilizes dumbbells, weighted bars, and resistance tubing to target all major muscle groups. No complicated choreography - focus is on intensity and results.

#### **PURE STRENGTH**

Form follows function. Challenge your muscular endurance as well as balance and coordination by moving through all planes of motion with multi-joint and compound exercises. Strengthen to move like we do in everyday life. Utilizes equipment such as dumbbells, medicine balls, discs, and resistance tubing.

#### **SETS & REPS**

Tired of choreography? A muscle-conditioning class that incorporates hand weights and barbells to tone and strengthen major muscle groups. Formatted around the sets and reps philosophy of weight training, muscle tissue is built and joint integrity enhanced. This class alternates from high to low repetitions. Low repetitions make you stronger and the high repetitions make you toned. Two to three sets of reps from alternating muscle groups are executed in rotation for a total body workout that promises to show results.

#### **UPPER CUTS**

A 30-minute upper body workout that sculpts the shoulders, triceps, biceps, upper back and chest using dumbbells and a weighted bar. Perfect complement for cyclists and those desiring a stronger, leaner and more defined upper body.

#### **MIND/BODY (Bring a mat if you have one.)**

#### **MAT PILATES**

A system of stretching and strengthening exercises that will help improve your posture, strength, flexibility and body awareness. The ultimate spirit, mind, and body workout incorporating isometric exercises with flexibility and mat work.

#### **PI-YO FUSION**

A soothing blend of the best of both. Pilates and Yoga combine to make a core strengthening mind/body spectacular.

#### **STRETCH FOR LIFE**

Gentle exercises using yoga positions. A great place to start or add more stretching to your fitness routine.

#### **TAI CHI**

Often described as "meditation in motion". Emphasizes technique over strength and promotes serenity through gentle movements — connecting the mind and body. Non-competitive, self-paced system — a series of postures or movements in a slow, graceful manner. Suitable for everyone regardless of age or physical ability.

#### **YOGA**

Teaches asanas (postures) and pranayama (regulation of breath) to improve your strength and flexibility. It also practices relaxation techniques to release stress and improve concentration. Good for the body, mind and spirit!

### **CHOREOGRAPHED CARDIOVASCULAR**

#### **CARDIO KICKBOX**

A combination of aerobics, boxing, and martial arts. This intense, total-body workout can improve cardiovascular strength, flexibility, coordination, and balance.

#### **URBAN GROOVE**

Unleash the inner dancer in you without hitting choreography roadblocks. Get into the groove with this fun and funky cardio workout set to the latest Hip Hop music. Learn to love just moving to the music.

#### **ZUMBA**

It's the rage! A fusion of Merengue, Salsa, Funk and Fun. High energy, easy choreography, an all-around hip-shakin' workout!