



GROUP EXERCISE – May 2012

Canton Y

	Time	Class	Instructor	Location
MONDAY	6:00-7:00 AM	★Group Cycling	Becci	Cycle Studio
	9:00-9:30	H2O Weightloss	Beth	Pool
	9:30-10:00	H2O Yoga Stretch	Beth	Pool
	9:00-9:55	20/20/20	Irene	Large Studio
	10:00-11:00	★Interm/Advanced H2O Aerobics	Beth	Pool
	10:00-10:55	★Dance Fusion	Jen K	Large Studio
	11:00-12:00	R.I.P.E.D. ----It's Back----	Cynthia	Large Studio
	11:30-12:30 PM	★Cycle	Gina	Cycle Studio
	4:15-5:15	KIDS IN MOTION	Coach Jeanne	GYM
	4:15-5:00	Step/Dance Express	Stacey	Large Studio
	5:00-5:55	Complex Training	Brian	Lg Studio/Outside
	6:00-6:55	★Zumba	Debbie	Large Studio
6:00-7:00	Intermediate/Advanced Group Cycling	Gabriel	Cycle Studio	
6:30-7:30	* H2O Aerobics-all levels	Stacey	Pool	
7:00-7:55	★Yoga	Lynne	Large Studio	
TUESDAY	5:45-6:45 AM	*20/20/20	Becci	Large Studio
	8:30-9:30	★Group Cycling	Tina	Cycle Studio
	9:00-9:55	Power Strength	Irene	Large Studio
	9:00-10:00	Intermediate/Advanced H2O	Wendy S	Pool
	10:00-11:00	Intermediate/Advance H2O	Stacey	Pool
	10:00-10:30	★Zumba Express	Susan	Large Studio
	10:30-11:25	★Sculpt & Cardio Intervals	Gina	Large Studio
	11:30-12:30 PM	★Yogalates (30 min each of Yoga & Pilates)	Beth	Large Studio
	1:00-1:45	Aqua Gold	Brenda	Pool
	4:15-5:15	★Yoga	Lynne	Large Studio
	5:15-6:15 NEW	★50/50 Combo-Exp Strength/Exp Cycle/Run	Spring	Lg Studio/Cycle rm/Trk
	6:00-6:55	★20/20/20(Cardio/Sculpt/Abs)	Tina	Large Studio
6:30-7:30	Water Aerobics	Wendy S	Pool	
7:00-7:55	★Pilates	Tina	Large Studio	
WEDNESDAY	6:00-7:00 AM	★Group Cycling	Becci	Cycle Studio
	8:30-9:25	Step, Core & More	Irene	Large Studio
	9:00-10:00	Intermediate/Advance H2O	Stacey	Pool
	9:30-10:30	★Group Cycling	Wendy S	Cycle Studio
	9:30-10:25	Spring Training Boot Camp	April	Outside/Lg Studio
	10:30-11:25	Zumba Gold ---New TIME---	Barb	Large Studio
	10:00-11:00	★Water Cardio Aerobics & Dance	Stacey	Pool
	11:30-12:30 PM	★Yoga ---NEW Location---	Lynne	Large Studio
	4:30-5:30	★Zumba Party	Lucy	Large Studio
	4:30-5:30	ZUMBATOMIC-kids Fitness(Kindergarten-12 yrs)	Faith	Teen Center
	5:30-6:30	Complex Training	Brian	Outside/Lg Studio
	6:00-7:00	Power Cycle ---New Format----	Brandie	Cycle Studio
6:30-7:30	★Aqua Poolates	Toni	Pool	
7:00-8:00	★Yoga	Lynne	Large Studio	

Reminder: May is the Last month for Kids Exercise Classes until Aug so come & play this month!

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

~ TRX DEMOS are FREE! Look for days & times available to take it for a test drive & see what all the hype is about! TRX is for everyone!

Peggy Donaldson- Aquat/Wellness Dir: 678-880-3513
 Irene Smith- Group Ex Coordinator: 678-880-3705
 pcy.ymcaatlanta.org : 770-345-9622

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
	5:45-6:45 AM	*Strengthen, Lengthen & Loosen ---NEW!--	Becci	Large Studio
	8:30-9:00 NEW!	*Express Sculpt (temp format change)	Faith	Large Studio
	9:00-10:00	Intermediate/Advance H2O	Gina	Pool
	9:00-10:00 NEW!	*Zumba Hour of Power (Temp Change)	Faith	Large Studio
	10:00-11:00	Intermediate/Advance H2O	Gina	Pool
	10:00-10:55	*Pilates	Tina	Large Studio
THURSDAY	10:00-10:30	Mommy & Lil Me(ages0-2y)	Kerry	Gym
	10:45-11:15	Mommy & Big Me(ages3&up)	Kerry	Gym
	11:00-12:00	*Power Strength	Tiffany	Large Studio
	1:00-1:45	*Aqua Gold	Brenda	Pool
	4:15-5:15	*Yoga Sweat	Stacey	Large Studio
	4:15-5:15	KIDS IN MOTION	Coach Tina	GYM
	5:15-6:00	Full Body Tabata Drills --NEW--	Wendy S	Large Studio
	6:00-7:00	*Group Cycling	Wendy S	Cycle Studio
	6:30-7:30	*Water Aerobics	Wendy C	Pool
	6:00-6:55 NEW!	*Guns Guts & Glutes	Debbie	Large Studio
	7:00-7:55	*Zumba	Debbie	Large Studio
	6:00-7:00 AM	*Cycling & Treadmill Circuit	Becci	Cycle Studio
	8:30-9:30	*Group Cycling	Tina	Cycle Studio
	8:30-9:25	Pilates & Balance Challenge	Irene	Large Studio
	9:30-10:25	Full Body Blast	Irene	Large Studio
FRIDAY	9:30-10:30	*TGIF Aqua	Beth	Pool
	10:30-11:25	*Hip Hop Hustle ---NEW---	Tori	Large Studio
	11:30-12:30 PM	*Senior Strength & Stretch --NEW--	April	Cmty RM/Lg Studio
	4:30-5:30	*Zumba	Barb	Large Studio
	5:30-6:30	*Full Body BOSU	Brandie	Large Studio
	9:00-10:00 AM	*Beginner/Intermediate H2O Aerobics	Wendy/Wendy	Pool
SATURDAY	9:15-10:15	*Group Cycling	Irene/Tina	Cycle Studio
	9:15-10:15	*ZUMBA ---NEW TIME---	Debbie/Barb	Large Studio
	10:15-11:15	*Full Body Sculpt ---New TIME---	Win/Becci	Large Studio
	11:15-12:15	*Pilates - Strengthen & Lengthen	Susan/Win	Large Studio
Sunday	1:15-2:15 PM	*Zumba	Barb/Lucy	Large Studio
	2:15-3:15	*Cycle	Brandie/Tiffany	Cycle Studio

***20/20/20:** 20 minutes of strength, 20 minutes of cardio & 20 minutes of abs-segmented in some classes or all worked simultaneously.

***Aqua Gold/Beg,Interm&Adv H2O Classes:** Water aerobics classes that will give you a great cardio workout with less impact on the body since the water provides a natural girdle around the body using a lot of energy & increasing calorie burn! **TGIF**-will include some *zumba* & *water hip hop* to loosen you up for the weekend! **Water Weight Loss-Designed to increase metabolism w/intense cardio (i.e.swim sprints)to energetic music. H2O Yoga/Stretch**-water yoga & deeper stretching to loosen up & lengthen out your muscles, strengthen core & improve flexibility. **AquaPoolates**-is pilates in the water w/a focus on core, toning & stretching to calming music.

***Senior Strength&Stretch:**Focus is on increasing strength&muscular range of motion while seated/mats by gently using bands&light weights

***Sculpt & Cardio Intervals:** Timed cardio intervals using drills & plyometrics to elevate heart rate then alternating with bouts of sculpting using heavier weights, body weight & the weighted/body bar. A great fat blasting work out that can increase your metabolism!

***Dance Fusion/Hip Hop Hustle:** This class has it all: Dance, Kickboxing drills & Power/Plyometric moves. It's a fun, challenging workout to motivating music (pop, hip hop, rock, 50s, Latin to name a few) that will burn a lot of calories while strengthening the body& working the abs.

***Group Cycling:** A cycle class with motivating music where you set your own intensity & cadence. Go at your own fitness level or come & allow the Instructor to push you for a high intensity, high fat burning, interval class. **Power Cycle:** Intervals of Cycle & Power Strength.

***Kids In Motion:** Join our Coaches in the gym for a fun filled **workout just for kids**, ages 5-12!

***Mommy and Me:** 0-5 year olds participate in a class with Mom or Dad. Social interaction with other children along with working out with a parent. **Lil Me** is for ages 0-2yrs & **Big Me** for 3-5yrs. It's a fun, social class for the little & Big ones.

***Pilates:** A great core & balance workout while strengthening, toning & stretching the **entire** body. Low stress on the body & mind.

***Power Strength/Full Body Sculpt/Body Blast:** You will work all muscle groups during the class, striving to fatigue the muscles to produce more lean muscle mass. A great strength conditioning class using hand weights, body bars, body weight, tubing, balls, kettle Bells, BOSU's & more! May incorporate single muscle group wk or compound moves with a goal to keep HR up & add cardio for fat blasting results.

***Step:** A fun, challenging, high energy step class incorporating high intensity cardio drills to strengthen your legs & lungs!

***Spring Training Boot Camp:** High intensity drills followed by lower intensity drills for active recovery. Includes the perfect mix of cardio & weights! A high energy, interval, high fat burning class. Beginners to Advanced - set your own pace and build up to the full drills.

***Strengthen, Lengthen & Lossen:**1 hr provides it all! A class with approx. 30 min of Strengthening by sculpting both the upper & lower body, followed by a 20 min Lengthen segment w/Pilates abs & glutes, rounded out w/10 min of Loosening w/Yoga Stretches.

***Yoga: Traditional** - Stretching and strengthening the body while rejuvenating and relaxing the mind, body and spirit. Focusing on slow, deep relaxing breath control techniques. **Strength Yoga** (more sweating) & **Yoga Fusion-a blend of Yoga & Pilates.**

***Zumba:** A dance class to Latin music and Latin dance steps such as the Salsa, Merengue, Cumbia and more!

***Zumba Gold:** Beginner Zumba class, slower paced to make learning the dance steps friendly for new dancers-**young or mature.**

Complex Training:** Class designed to challenge the Intermediate to Advanced level Member & excellent for Athletes & cross training for Triathletes looking to take their fitness to the next level. Format will incorporate a mix of intense weight training w/plyometric drills & core conditioning.Due to the nature & intensity of this class, please only come if you can be there from the very beginning.**

Full Body BOSU Wk Out: Cardio & sculpt portions of the class involve strengthening your core, working on balance & stability, toning all muscle groups, including your heart & lungs, utilizing the BOSUs, stability ball, free weights & body weight. It's Fun & Effective!

50/50 Exp Strength & Cycle or Run: This class is perfect for either the beginner or advanced Member. Just 30 min of each so go easy or hard! When you do your sculpt 1st you burn out your glycogen stores so when you transition to cardio(Spin or Running) it's all FAT BURN! ©

ZUMBATOMIC-Kids specific Latin Dance class in which they learn basic steps in a fun, positive learning environment. For kids in Kindergarten through age 12. Please wear athletic shoes, bring a water bottle & **use the restroom BEFORE you come to class.** Thank YOU!

Guns Guts & Glutes-Get ready for summer with focus on lifting weights to lose weight or tighten up those muscle groups that went south for the winter! Muscle works for you even when you are not in the gym so grab some weights & join the fun! This class will use a mix of free weights, body weight, weighted bars & Kettle Bells to be keep your body guessing & *progressing* from week to week all summer long!