



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

J. M. Tull-Gwinnett Family YMCA  
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# MAY 2012

**\*\*NEW CHANGES: Sunday Boot Camp is now Align & Define Wed Pool-lates is now H2O Total Body**

## Group Exercise Schedule

**&& Boot Camp outdoors on soccer fields, weather permitting**

<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>MONDAY</b>			
6:00-7:00 am	Boot Camp	John	Studio
9:15-10:15 am	★Aqua Aerobics	Tiffany F/Andee	Pool
9:25-10:20 am	1,3,5 Kickbox/2nd & 4th Boot camp &&	Karen	Studio or Field
10:15-11:00 am	★Twinges	Andee	Pool
10:25-11:20 am	★Align & Define	Stephanie	Studio
OUTDOOR AQUA ZUMBA COMING IN JUNE!!			
11:30 am-12:10 pm	★L.I.F.E. Water	Andee	Pool
12:15 -1:00 pm	★Twinges	Rae	Pool
5:30-6:25 pm	★ Pilates	Rhonda	Studio
6:30-7:25 pm	★Zumba®	Sandee	Studio
6:45-7:45 pm	★Aqua Aerobics	Jamie	Pool
7:30-8:30 pm	★Yoga	Margaret	Studio
<b>TUESDAY</b>			
8:00-9:00 am	Group Cycling	Rhonda	Studio
9:15-10:15 am	★Aqua Aerobics	Barb	Pool
9:25-10:25 am	Step/Abs	Stephanie	Studio
10:30-11:25 am	★Yoga	Sandee	Studio
11:30am-12:30pm	★Zumba® Gold	Sandee	Studio
11:45am-12:45pm	★AQUA CHI	Kathie	Pool
4:30-5:25 pm	★Zumba®	Tiffany S.	Studio
5:30-6:25 pm	★Basic Step	Wendy	Studio
6:30-7:25 pm	Step	Samantha	Studio
6:45-7:45 pm	★Aqua Boot Camp Boogie	Carol	Pool
7:30-8:30 pm	Group Cycling	John	Studio
<b>WEDNESDAY</b>			
6:00-7:00 am	Group Cycling	John	Studio
8:00-9:00 am	★Pilates	Rhonda	Studio
9:15-10:15 am	★Aqua Aerobics	Rae	Pool
9:25-10:25 am	Hi/Low Fusion	Sandee	Studio
10:15-11:00 am	★Twinges	Rae	Pool
10:30-11:15 am	★L.I.F.E. Land	Tiffany F	Studio
11:30 am-12:10 pm	★L.I.F.E. Water	Rae	Pool
11:30 am-12:30 pm	★Tai Chi	Kathie	Studio
12:15-1:00 pm	★Twinges	Rae	Pool
5:30-6:15 pm	★ Circuit Strength	Bruce	Studio
6:15-6:45 pm	★Core Conditioning	Bruce	Studio
6:45-7:45 pm	★ H2O Total Body**	Tiffany F.	Pool
6:50 -7:50 pm	★Zumba ®	Lenae	Studio
<b>THURSDAY</b>			
8:00-9:00 am	Group Cycling	Kathy	Studio
9:05-10:05 am	Interval Step	Kathy	Studio
9:15-10:15 am	★Aqua Aerobics	Barb	Pool
10:30-11:25 am	★Yoga	Sandee	Studio
11:45 am -12:45 pm	★Aqua Zumba®	Sandee	Pool
5:30-6:25 pm	Group Cycling	John	Studio
6:30-7:25 pm	Interval Step	Staff	Studio
6:45-7:45 pm	★Aqua Aerobics	Brenda	Pool
7:30-8:30 pm	★Yoga	Terri	Studio

**FRIDAY**

6:00-7:00 am	★Yoga/Pilates	Laurie	Studio
8:00-9:00 am	★Aqua Zumba®	Sandee	Pool
9:15-10:15 am	★Aqua-Deep Water	Tiffany F	Pool
9:25-10:25 am	★Zumba ®	Sandee	Studio
10:15-11:00 am	★Twinges	Barb	Pool
10:30-11:15 am	★Basic Step/Yoga Lite	Rhonda	Studio
11:30 am-12:10 pm	★L.I.F.E. Water	Barb	Pool
12:15-1:00 pm	★Twinges	Rae	Pool
4:30-5:25 pm	★Zumba®	Andrea/Tiffany S	Studio
6:00-7:00 pm	★Line Dancing	Donna	Studio

**SATURDAY**

8:05-9:00 am	Group Cycling	Karen/Eric	Studio
8:15-9:15 am	★Splash Dance Party	Carol	Pool
9:05-10:00 am	Step (Samantha) or Step Interval (Annie)	Samantha/Annie	Studio
OUTDOOR AQUA ZUMBA COMING IN JUNE!!			
10:05-11:00 am	★Align & Define	Kathy/Laurie	Studio
11:05 am-12:00 pm	★Zumba ®	Sandee	Studio
12:05-1:00 pm	★Yoga	Rotation	Studio

**SUNDAY**

1:15-2:10 pm	Group Cycling	John/Bruce	Studio
2:15-3:10 pm	★ Align & Define	Bruce/Tiffany F	Studio
3:15-4:10 pm	★Yoga	Rotation	Studio
4:15-5:15 pm	★Zumba ®	Lenae	Studio
4:45-5:45 pm	★Aqua Zumba®	Kathy M	Pool

**CLASS DESCRIPTIONS**

Align & Define - a conditioning workout using weights, medicine balls, Resist-a-Balls, Body Bars, Gliding Disks and exertubes to build strength and endurance in the whole body. Abdominals and stretching exercises are included.

Aqua Boot camp Boogie - a high intensity aqua class using a variety of techniques to keep you motivated and moving.

Aqua Chi – a new class which adapts the ancient and proven principles of Tai Chi into the water environment. Improves balance, posture and core strength.

Aqua Splash Dance – a fun high intensity aqua class combining regular aqua aerobic moves with dance moves to get your heart pumping.

Aqua Zumba® – A new Latin-inspired dance fitness class - Zumba party in the POOL. Aqua shoes recommended.

Basic Step – Designed for the beginner or those who prefer simplified choreography on the step platform.

Boot camp – A cross-training challenge that intertwines athletic drills, hi-lo movements, cardio kickboxing, strength and core conditioning.

Circuit and Core Conditioning – A strength and conditioning workout that is similar to Align and Define utilizing body weight, stability balls, body bars, tubing, medicine balls and MORE. This will be followed by a 20-30 minute Core Conditioning workout.

H2O Total Body – A strength and conditioning workout that is similar to Align and Define except it is done in the water..

Hi/Low Fusion - combines intervals of high/low impact and strengthening exercises.

Group Cycling - a cardiovascular workout on stationary bikes. This class has simulated hills, flat roads, and drills set to music.

Interval Step – Involves alternating short bursts of step activity segments with strength work segments.

Kickboxing - Cardio workout involving martial arts upper body moves and lower body stances with kicks.

L.I.F.E. (land & water) – Low Impact and Flexibility for Everybody. (low intensity movements performed in the Group Exercise Studio or in the pool)

Line Dancing - country, Latin disco, etc....lines will be taught. The instructor breaks it down into easy steps.

Pilates - a method of body conditioning which uses a unique system of stretching and strengthening exercises targeting the core muscles (abs & back) utilizing movements developed by Joseph Pilates.

Pool-Lates: The Pilates method of core conditioning exercises adapted to the water.

Step - a high intensity workout done while stepping up and down on a platform.

Tai Chi - A new class utilizing ancient principles of chi movement to improve balance, posture and core strength.

Twinges – help improve joint flexibility and muscle strength with the aid of the water's buoyancy and resistance.

Yoga & Yoga Lite - free your spirit, calm your mind, stretch your body. Yoga will do this and more.

Zumba®/Zumba® Gold – A FUN way to dance your way to a fitter you...exciting and unique Latin and international moves and rhythms. Gold is a less intense version for the active older adult or true beginning exerciser.

**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®, contact Rhonda Tingle at 770-513-5953 or rhondat@ymcaatlanta.org.**