

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Sanders/Buckhead Family YMCA

404-350-9292

404-267-4838 Group Fitness Hotline

sby.ymcaatlanta.org

## JULY

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b><u>MON</u></b>	5:45-7:00 AM	Group Cycling 21 Marty	To Be Announced	Studio
	7:20-8:10	★Body Sculpting	Christie	Studio
	8:15-9:15	★Pilates	Lisa	Studio
	9:00-10:00	Deep Water	Liz	Pool
	9:25-10:25	Body Sculpting	Lisa	Studio
	10:45-11:35	HEAT	Laura	Studio
	12:00-12:50 PM	Get Planked!	Yvette	Studio
	3:20-4:20	★Tai Chi	Michael	Studio
	4:30-5:20	★Latin Core 7,14 Annie w/Belly Dancing	Zenny	Studio
	5:30-6:20	★Body Sculpting	Corrine	Studio
	6:30-7:25	★Beginners Pilates	Joyce	CRoom
	6:30-7:25	Yoga (Hatha)	Crystal	Studio
	7:15-8:15	★Water Aerobics – Shallow	Susan	Pool
	7:30-8:00	★Abs & Glutes	Vicki	CRoom
	7:35-8:35	Group Cycling	Colleen	Studio
	<b><u>TUES</u></b>	5:45-6:45 AM	Group Cycling	Sam
6:00-7:00		HEAT 1 Elisha	Jennifer Bu.	Gym
6:45-7:45		Sunrise Yoga (Hatha & Ashtanga)	Lesli	C Room
6:55-7:55		Max Out 30 + Abs/Glutes	Sam	Studio
8:15-9:15		Step/Step Interval 1, 15 Pam 8, 22,29 Ellen	Ellen/Pam	Studio
9:25-10:25		Group Cycling	Jennifer Bl.	Studio
10:30-11:30		★Water Aerobics – Shallow	Susan	Pool
10:45-11:45		Turbo Kick	Tracy	Studio
12:00-1:00 PM		Pilates	Aja	Studio
4:30-5:20		Total Body	Sam	Studio
3:45-4:15		Kids ROCK	Jeff	Studio
5:30-6:30		Power Yoga (Ashtanga) 8 Lesli	Katharine	Studio
6:30-7:20		★Cardio Funk	Kym	Studio
7:30-8:20		Body Sculpting	Colleen	Studio
6:45-8:15		Yoga (Hatha)	Janice	Croom
<b><u>WED</u></b>	5:45-7:00 AM	Group Cycling	Elaine	Studio
	7:10-8:05	Step	Samantha	Studio
	8:15-9:15	★Pilates	Aja	Studio
	9:00-10:00	Deep Water	Liz	Pool
	9:25-10:25	Step	Maura	Studio
	10:30-11:20	Body Sculpt 2 Jennifer 9,30 Marla Dean 16,23		Studio
	11:30-12:00 PM	★Senior Chair Body Sculpting	C.F.	Gym
	11:30-1:00 PM	★ Yoga (Vinyasa)	Rebecca	Studio
	4:30-5:20	Abs and Arms 9 Christie	Cathy	Studio
	5:30-6:20	Power Step*****	Alyza	Studio
	6:25-7:20	Body Sculpting	Alyza	Studio
	6:30-7:20	★Beginner Pilates	Joyce	CRoom
	7:15-8:15	★Water Aerobics – Deep Water	Susan	Pool
	7:30-8:20	Boxing/Bag Class	Tracy	Studio
	7:30-8:00	★Abs & Glutes	Vicky	Croom

<b><u>THURS</u></b>	<b><u>Time</u></b>	<b><u>Class</u></b>	<b><u>Instructor</u></b>	<b><u>Location</u></b>
	5:45-6:45 AM	Group Cycling 10 Elaine	Marty	Studio
	6:00-7:00	HEAT 3Laura, 10,24 Sam 17,31 Laura	Sam/Laura	Gym
	6:45-7:45	Sunrise Yoga (Hatha & Ashtanga) 3Angie	Lesli	C Room
	7:00-7:50	★Body Sculpting	Christie	Studio
	8:05-8:45	Turbo Kick	Tracy	Studio
	8:45-9:20	& Sculpt Combo	Tracy	Studio
	9:25-10:25	Step	Ellen H.	Studio
	10:30-12:00	H2O Challenge	Susan	Pool
	10:30-11:45	Group Cycling/Abs 3,17 Laura 10, 24 Jen	Jennifer Bl/Laura	Studio
	11:50-12:50 PM	Pilates	Suzi B	Studio
	4:15-5:00	Kids Yoga <b>suspended until Fall</b>	Christie	CEC
	5:30-6:30	Power Yoga (Ashtanga) 10 Rebecca	Katharine	CRoom
	4:30-5:20	★Body Sculpting 3 Samantha	Sam	Studio
	5:30-6:20	Group Cycle	Tisha	Studio
	6:30-7:30	Turbo Kick	Tracy	Studio
	6:30-7:30	Yoga (Hatha) 10 Rebecca	Katharine	CRoom
	7:30-8:00	<b>Jumpin Jam</b>	Tracy	Studio

<b><u>FRI</u></b>	<b><u>Time</u></b>	<b><u>Class</u></b>	<b><u>Instructor</u></b>	<b><u>Location</u></b>
	5:45-7:00 AM	Group Cycling	Elaine	Studio
	7:10-8:05	Step	Samantha	Studio
	8:15-9:15	Group Cycling	Jennifer Bl.	Studio
	9:15-10:00	HEAT <b>Suspended until Fall</b>	Laura	Gym
	9:00-10:00	Deep Water	Liz	Pool
	9:25-10:25	Body Sculpting	Marla-Deen	Studio
	10:45-11:45	Pilates	Lisa H	Studio
	11:30-12:00 PM	★Senior Chair Body Sculpting	C.F.	Gym
	11:50-12:50	Yoga (Basic Vinyasa)	Rebecca	Studio
	1:30 -2:30	★Tai Chi	Michael	Studio
	4:30-5:30	★Body Sculpting	Ashley	Studio
	6:00-7:00	★Yoga (Hatha/Vinyaga)	Tommie	Studio

<b><u>SAT</u></b>	<b><u>Time</u></b>	<b><u>Class</u></b>	<b><u>Instructor</u></b>	<b><u>Location</u></b>
	8:10-9:05 AM	Group Cycling 5Jen B 12 Marty 19,26 Elaine		Studio
	9:15-10:00	Step 19 Cathy	Cathy	Studio
	10:05-10:50	Body Sculpting 19 Cathy	Cathy	Studio
	11:00-12:00	Power Yoga (Ashtanga) 12 Rebecca	Katharine	Studio
	12:00-1:15 PM	★Cardio Funk	Kym	Studio

<b><u>SUN</u></b>	<b><u>Time</u></b>	<b><u>Class</u></b>	<b><u>Instructor</u></b>	<b><u>Location</u></b>
	9:15-10:05AM	★Cardio Surprise 6,27 Ellen, 13 Elisha 20 Samantha		Studio
	10:15-11:05	★Body Sculpting 6,27 Ellen, 13 Elisha 20 Samantha		Studio
	1:00-2:00PM	★Beginner Pilates	Joyce	Studio

**IMPORTANT THINGS TO KNOW ABOUT GROUP EXERCISE:**

- You must sign up for all Group Cycling class at the front desk. Bikes not occupied by the start of class are open.
- If you are trying a Group Cycling class for the first time, choose a class with an (E). This is an endurance ride and is the least difficult ride design. E =Endurance (HR 65-75%); S=Strength (HR 75-85%); I=Interval (65-92%), M=Mountain (HR 65-92%)
- Please bring your own Yoga mat to Yoga classes. The YMCA does not provide them.
- Please bring your own wrist wraps to Boxing class. The YMCA does not provide them.
- Please bring a towel and fluid to all classes. Remember to wipe off your equipment when you are finished with the class.
- Please indicate to the instructor if this is your first time taking a class. They will assist you with setting up the equipment as well as learning new moves.
- Friday 9:25am Body Sculpting Class is limited to 40 participants. Numbers will be issued beginning at 8:00am. One number per participant.
- All classes (unless otherwise stated) are 50 mins in length. This enables us to transition smoothly between classes and start them promptly.
- Classes marked with a ★ are suitable for beginners or those participating in the COACH APPROACH program.
- Please help us limit our paper usage by checking the schedule on our website [www.sby.ymcaatlanta.org](http://www.sby.ymcaatlanta.org)