

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Carl E. Sanders/Buckhead Family YMCA

404-350-9292

404-267-4838 Group Fitness Hotline

sby.ymcaatlanta.org

NOV

<u>MON</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
“Maintain Don’t Gain Fitness Challenge” Begins Nov 2nd	5:45-7:00 AM	Group Cycling	Terri	Studio
	7:20-8:10	★Body Sculpting	Christie	Studio
	8:15-9:15	★Pilates (All Levels)	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	★Yoga (Hatha Style)	Kristie	Studio
	4:30-5:20	☯★Latin Core 9 Vernetta	Zenny	Studio
	5:30-6:20	★Body Sculpting	Corrine	Studio
	6:30-7:25	Yoga (Hatha Style) 23 Rebecca	Katharine	Studio
	Blood Drive 11/30/09	7:15-8:15	★Water Aerobics – Shallow	Susan
7:30-8:00		★Abs & Glutes 30 Class to be held in CEC	Maura	CRoom
7:35-8:35		★Intro to Group Cycling	Brunilda	Studio

<u>TUES</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
	5:45-6:45 AM	Group Cycling	Sam	Studio
	6:00-7:00	HEAT	Jennifer Burch	Gym
	8:15-9:15	Step/Step Interval 3,10 Pam 17,24 Ellen	Pam/Ellen	Studio
	9:25-10:25	Group Cycling 10 Race Day	Jennifer Bl.	Studio
	10:30-11:30	★Water Aerobics – Shallow	Susan	Pool
	10:45-11:45	Turbo Kick™ Turbo Sport 2 24 Elisha	Tracy	Studio
	12:00-1:00 PM	Pilates	Aja	Studio
	3:30-4:00	☯ Kidz Rock ages 3-5	Jeff & Felicia	Studio
	4:00-5:00	☯ PE 101 ages 6-9	Jeff & Felicia	Gym
	4:30-5:20	3 / 3 / 3	Ashley	Studio
	5:30-6:20	Loaded	Beth	Studio
	5:30-6:30	Power Yoga (Ashtanga Style) 24 Rebecca	Katharine	CRoom
	6:30-7:30	Turbo Kick™ Round 36	Leah	Studio
	6:45-8:15	Yoga (Hatha Style)	Janice	CRoom
	7:35-8:35	Body Sculpting	Elisha	Studio

<u>WED</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
NOTICE Wednesday, Nov. 25 th No Classes after 2:30pm. Enjoy your holiday.	5:45-6:45 AM	Group Cycling	Elaine	Studio
	8:15-9:15	Pilates (Advanced Level)	Aja	Studio
	9:00-10:00	★Deep Water	Liz	Pool
	9:25-10:25	Step	Maura	Studio
	10:30-11:20	Body Sculpting Reg. req.	Lisa H.	Studio
	11:30-12:00 PM	★Senior Chair Body Sculpting	C.F.	Gym
	11:30-1:00 PM	Yoga (Vinyasa style) 18 Maria	Rebecca	Studio
	2:30-3:30	★ Tai-Chi Yang	Michael	Studio
	4:30-5:20	Abs and Arms	Christie	Studio
	5:30-6:20	Step 4,18 Sam 11 Cathy	Cathy/Sam	Studio
	6:35-7:30	Body Sculpting 4,11,18 Alissa	Kym	Studio
	6:30-7:25	★Beginner’s Pilates	Aja	CRoom
	7:15-8:15	★Water Aerobics/Deep Water	Susan	Pool
	7:30-8:30	Boxing Bootcamp (Intmd./Adv)	Tracy	Studio
	7:30-8:00	★Abs & Glutes	Alissa	CRoom

THURS

NO CLASSES
We will be closed in observance of the holiday.

Time	Class	Instructor	Location
5:45-6:45 AM	Group Cycling	Marty	Studio
6:00-7:00	HEAT 5,19 Sam 12 Laura	Sam/Laura	Gym
7:00-7:50	★Body Sculpting	Christie	Studio
8:05-8:45	Turbo Kick Turbo Sport 2	Tracy	Studio
8:45-9:20	Boxing Bootcamp Sampler	Tracy	Studio
9:25-10:25	Step 5 Maura	Cathy	Studio
10:30-12:00	H2O Challenge	Susan	Pool
10:30-11:45	Group Cycling/Abs 5,19 Jennifer 12 Laura	Jennifer Bl/Laura	Studio
11:50-12:50 PM	★Yoga (Restorative)	Kristie	Studio
3:30-4:00	☼ Kidz Rock ages 3-5	Jeff & Felicia	Studio
4:00-5:00	☼ PE 101 ages 6-9	Jeff & Felicia	Gym
4:15-5:00	☼ Kids Yoga	Christie	CEC
5:30-6:30	Power Yoga (Ashtanga Style)	Katharine	Croom
4:30-5:20	★Body Sculpting	Sam	Studio
5:30-6:20	★Group Cycle	Tisha	Studio
6:30-7:30	★Cardio Groove	Alethia	Studio
6:30-7:30	Yoga (Hatha Syle)	Katharine	CRoom

FRI

Turkey Blaster
Fri 11/27th
8:15 am-11am
Reg. scheduled classes will not be held. See notice posted.

5:45-6:45 AM	Group Cycling	Elaine	Studio
8:15-9:15	Group Cycling	Jennifer Bl.	Studio
9:15 -10:00	HEAT	Laura	Gym
9:00-10:00	★Deep Water	Liz	Pool
9:25-10:25	Body Sculpting Reg. req.	MarlaDeen	Studio
10:45-11:45	Pilates (All Levels)	Lisa H.	Studio
11:30-12:00 PM	★Senior Chair Body Sculpting	C.F.	Gym
12:00-1:00	★ Yoga	Rebecca	Studio
1:30 -2:30	★Tai Chi Yang	Michael	Studio
6:00-7:00	★Yoga (Hatha Style)	Tommie	Studio

SAT

8:10-9:05 AM	Group Cycling 7 Tisha, 14 Elaine, 21 Jennifer, 28 Marty		Studio
9:15-10:00	Step 14 Alissa	Cathy	Studio
10:05-10:50	Body Sculpting	Cathy	Studio
11:00-12:00	Power Yoga (Ashtanga Style)	Katharine	Studio
12:10-1:25 PM	★Cardio Groove	TBA	Studio

SUN

9:15-10:05AM	★Step	Elisha	Studio
10:15-11:05	★Body Sculpting	Elisha	Studio
1:00-2:00PM	Pilates (Intermediate) 15 TBA	Suzi B	Studio
2:00-3:00	★Ballet Fit 8 Ruth	Lilia	Studio

- Please arrive promptly to all classes. **No admission allowed 15 minutes after class start time.** This is to ensure you receive the maximum health benefit from each class and to prevent the risk of any injury to your body.
- 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 hand 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.
- Wed. 10:30am and Fri. 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.
- Please help us limit our paper usage by checking the schedule on our website sby.ymcaatlanta.org
- Classes marked with a ★ are suitable for beginners or those participating in the COACH APPROACH program.
- Classes marked with a ☼ are Family Friendly. All ages welcome.