

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Men and Women's Group Fitness

Northwest Cobb YMCA

Jan 4-April 2, 2010

770-423-9622

Revised
Feb 1

	Time	Class	Instructor	Location
MON.	7:30-8:15am	Bootcamp	Bill	Studio
	8:20-9:15am	Body Sculpt	Mona B	Studio
	9:15-10:15am	Kickbox	Dawn	Studio
	10:15-11:15am	*Pilates	Sue	Studio
	9:30-10:30am	HathaYoga	Kimberly	Com Room
	10:30-11:30am	Fit Senior	Kimberly	Com Room
	4:10-5:00pm	Step/Cardio	Shayna K	Studio
	5:00-6:00pm	Body Sculpt	Shayna K	Studio
	6:00-6:50pm	Zumba®	Leta/ Kimberly alt	Studio
	7:00-8:00pm	Kickbox	Rebecca	Studio
TUES.	7:15-8:15am	Hatha Yoga	Kahlil	Studio
	8:30-9:30am	Body Sculpt/Chisel	Jen B/Lisa H alt	Studio
	9:30-10:30am	Step Challenge/Cardio Hour	Vickie	Studio
	10:30-11:30am	Total Body Conditioning	Tammie	Studio
	11:30-12:00pm	Ult Abs	Tammie	Studio
	4:00-4:45pm	Fit Kids(fee)	Amanda/staff	Studio
	4:50-5:30pm	Hatha Yoga	Kimberly	Studio
	5:30-6:00pm	Pilates/Ult Abs	Kimberly	Studio
	6:00-7:00pm	Zumba®	Kimberly	Studio
	7:30-8:20pm	Hatha Yoga/Stretch	Kimberly	Com Room
7:00-7:50pm	Kickbox	Rebecca	Studio	
WED.	6:00-6:45am	Bootcamp	Mercedes	Studio
	7:30-8:00am	Gentle Sculpt	Lisa S	Studio
	8:00-9:00am	Pilates	Jen S	Studio
	9:00-9:40am	Hippy Shake/Abs	Vickie	Studio
	9:40-10:30am	Cardio Mix	Jen B	Studio
	10:30-10:50am	Sculpt Express	Jen B	Studio
	9:40-10:30am	Yoga/Pilates	Lisa H	Com Room
	10:30-11:20am	Fit Senior	Lisa H	Com Room
	4:30-5:30pm	Boot Camp Abs	Merrill	Studio
	5:30-6:30pm	Kickbox	Amy B	Studio
	6:30-7:30pm	Sculpt/Hi Def	Margaret	Studio
	THURS	7:05-8:00am	Hatha Yoga/ Stretch	Kahlil
8:00-8:45am		Cardio Mix	Vickie.	Studio
8:45-9:00am		Hippy Shake/Cardio/Abs	Vickie	Studio
9:00-10:00am		Sculpt	Mona	Studio
10:00-11:00am		Pilates/Hi Def	Tammie	Studio
10:30-11:15am		Fit Senior/Yoga	Sally	Com Room
11:00-12:15pm		Total Body Conditioning	Tammie	Studio
4:00-4:45pm		Fit Kids (fee)	Amanda/staff	Studio
4:50-5:30pm		Express Sculpt/Abs	Andrea/Jen B	Studio
5:30-6:30pm		Step/Cardio Hour	Andrea	Studio
7:00-7:45pm		Hip Hop Dance	Mona C/Rebecca	Studio
FRI.		8:10-9:00am	Pilates	Sue
	9:00-10:00am	Cardio Interval	Sue	Studio
	9:15-10:00am	Jump n Abs	Don H.	GYM
	10:00-10:40am	Burn Butt/Legs/Abs	Jen B	GYM
	10:00-11:00am	Sculpt	Shayna	Studio
	9:30-10:30am	*Hatha Yoga/Stretch	Kahlil	Com Room
	11:00-12:00pm	Seniors/Yoga/Low impact Cardio	Andrea	Studio
	4:30-5:30pm	Cardio Sculpt	Sarah	Studio
	5:30-6:20pm	Family Dance Cardio	Stephanie/Leta	Studio
SAT.	9:00-10:00am	Hi Def	Margaret	Studio
	10:00-11:00am	Kickbox/Cardio Hour	Margaret/Rebecca	Studio
	11:00-11:50am	Zumba®	Leta/Shana alt	Studio
SUN	2:00-3:00 pm	Hippy Shake/Cardio	Vickie	Studio
	3:00-4:00pm	Cardio Hour	Sarah/Vickie	Studio

Class Descriptions

Facility members, ages 12 and older (unless otherwise noted), may choose to attend any of our group exercise classes as a benefit of membership. Please wear proper footwear & athletic attire when attending any fitness class.

Class Descriptions

Note: Group exercise classes incorporating dance are geared for cardio workouts, and not dance training.

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 Fitlinxx or THE COACH APPROACH-An Exercise Support Process®, please contact Melissa, Elizabeth or any fitness staff!

Aerobic questions
Ask for:

Jennifer Bebko
Aerobic Mgr.

JenniferBe@
ymcaatlanta.org

Ext: 366



ULTimate ABS: Do you want a six pack? Intense abdominal/oblique work out!

BODY SCULPT: Tone and sculpt your muscles from head to toe by using the dumbbells, exercise tubing, and/or the Resist-a-ball.

BOOTCAMP: Kick it up a few notches with this high energy anything goes camp like format!

BURN BUTT/LEG/THIGHS: Tough Training for the lower body! Squats, lunges, wall sits, floor work and more!

***FAMILY DANCE CARDIO:** Easy to follow Dance moves to current top hits of the 80's and 90's and today!

CARDIO HOUR/MIX: Cardio conditioning is a vital part of many athletic training routines. Use various equipment to condition the heart and burn max calories.

CHISEL : Use dumbbells, med balls, your whole body and lots of hard work for this intense sculpting class. It has a cardio component so be ready! Can be modified to an intermediate workout.

***CYCLE:** Climb onto stationary bikes for an intense, challenging workout. Motivational instructors make this class more fun and you adjust the resistance on the bike to fit the desired level. Bring your water bottle and get ready to sweat. Please arrive 30 minutes early to pick up a number at the front desk.

CYCLE EXTREME: One hour of hard-core cycling! **Only for the die-hard cyclist.** Come and enjoy the fun with hills, sprints, flat roads and other cycling fun. Please arrive 30 minutes early to pick up a number at the front desk.

***FIT SENIOR:** Various Exercise designed for seniors utilizing bands, dumbbells and small balls, some cardio involved.

GENTLE SCULPT: Various sculpt exercises designed for seniors, using tubing, dumbbells and balls.

***GENTLE YOGA:** Slower version of traditional Hatha Yoga moves

HI DEF: If you are serious about weight training & determined to have fun, this is the class for you. Using specialized equipment, moves & Power Pump music, our instructors will lead you right into fitness bliss. Once you attend, you won't want to stop.

***HIPPIY SHAKE:** All about the ABS! Try this belly dance style with some floor moves and shake it!!

HIP HOP DANCE: Learn some crazy hip hop and burn the calories in this fun class where you learn to Dance!

JUMP-N-ABS: Use Jump ropes and other cardio moves mixed with equal parts of abdominal conditioning! Meets in the GYM

KICKBOX/CARDIO KICKBOX: Basic, safe, and realistic kickboxing moves. Though the workout is intense, it is simple to follow and is easily modified to any fitness level.

***PILATES:** Exercise which emphasized the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement.

CARDIO: Short periods of high intensity sculpt are followed by recovery periods in a fast paced step/KICKBOX format.

STEP: An aerobic workout incorporating basic step patterns into simple combinations. May include upper body conditioning and abs work.

Step Challenge: Not your everyday run off the mill step class- Go for the step burn in this challenging and rewarding cardio experience!

TOTAL BODY CONDITIONING: High intensity strength and cardio total body, anything goes format!

***HATHA YOGA:** A form of exercise that works both the physical and mental aspects of the body, incorporates isometric exercise with flexibility & mat work in a rejuvenating & relaxing low impact class.

***ZUMBA®:** A fun easy to follow aerobic dance class! Has Salsa, merengue, and top 10! Learn all different styles and have FUN! You do not have to have coordination or rhythm to have fun here! There are 4 different moves per song so anyone can follow and enjoy!