

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Summit Family YMCA

770-254-9622

sfy.ymcaatlanta.org

Facility Hours:

Mon – Thurs 5:00am – 10:00pm

Friday 5:00am – 9:00pm

Saturday 7:00am – 6:00pm

Sunday 12:00pm – 6:00pm

December 2009

The Summit Family YMCA will close at noon December 24th and 31st and will be closed all day December 25th and January 1st. Happy Holidays!!

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
MON.	5:15-6:15 AM	Bicycle Bootcamp	TJ	Studio2
	8:30-9:30	Step It Up	AD	Studio1
	8:30-9:30	★Group Cycle	GS	Studio2
	9:00-9:45	★H ₂ O Functional Fitness	KB	Main Pool
	9:30-10:30	Power Yoga	TL	Community Rm
	9:45-10:45	★Body Sculpting	GS	Studio1
	9:45-10:45	Kickboxing	LBd	Studio2
	10:00-10:45	★H ₂ O Flex & Firm	SW	Small Pool
	10:00-11:00	★H ₂ O Hi-Lo	KB	Main Pool
	11:00-11:45	★ZUMBA® Lite	SW	Studio1
	4:30-5:30 PM	Agility Drills	JV	Studio1
	4:30-5:30	Kids Fitness (Sign-in & Pick-up at Studio1)	RaG/BC	Gym
	5:45-6:45	★Beginners Yoga	YM	Studio1
	5:45-6:00	★Abs	LB/UH	Studio2
	6:00-7:00	★Group Cycle	LB/UH	Studio2
	6:45-7:45	★ H ₂ O ZUMBA®	SW	Main Pool
	7:00-8:00	★3-2-1	BB	Studio1
	7:10-8:10	★Tai Chi	TG	Studio2
	8:15-9:00	★ZUMBA®	DB	Studio1
	TUES.	5:30-6:30 AM	★Group Cycle	JD
8:30-9:30		★Group Cycle	UH	Studio2
8:30-9:30		★ZUMBA® Sculpt	SW	Studio1
9:00-10:00		★ H ₂ O Fitness	RG	Main Pool
9:35-9:50		★Abs	UH	Studio2
9:45-10:45		Cardio Core	BB	Studio1
10:45-11:45		★Functional Fitness	GW	Studio2
11:00-12:30 PM		★Gentle Yoga	DO	Studio1
5:45-6:30		★ZUMBA®	DB	Studio1
6:45-7:45		★H ₂ O Hi-Lo	MM	Main Pool
7:00-8:00		Yoga	DO	Studio1
7:00-7:55		★Group Cycle	DB	Studio2
7:55-8:10		★Abs	DB	Studio2
WED.	5:15-6:15 AM	★Ultra Sculpt	SG	Studio1
	8:30-9:30	★Pilates	LBd	Studio1
	9:00-10:00	H ₂ O Drills & Skills	KB	Main Pool
	9:45-10:45	Bicycle Bootcamp	LBd	Studio2
	9:45-10:45	★Step & Sculpt	BB	Studio1
	10:00-10:45	★H ₂ O Pilates	JV	Small Pool
	4:30-5:30 PM	Group Cycle/PUMP	DB	Studio2
	4:30-5:30	Kids Fitness (Sign-in & Pick-up at Studio1)	NC/PN	Gym
	5:45-6:45	★Core/Pilates	GS	Studio1
	6:30-7:30	H ₂ O Cardio Blast	VK	Main Pool
	7:00-7:45	★ZUMBA®	CK	Studio1
	7:00-8:00	★Group Cycle	GS	Studio2

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 THE COACH APPROACH-an exercise support process, or for Group Exercise classes, please contact Shane Gann 770-254-5932.

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>	
THURS.	5:30-6:30 AM	★Group Cycle	TJ	Studio2	
	8:30-9:30	★Group Cycle	CM	Studio2	
	8:45-9:45	★Body Sculpting	AD	Studio1	
	9:00-10:00	★H ₂ O Fitness	JV	Main Pool	
	10:00-10:45	★ZUMBA®	EP	Studio1	
	10:45-11:45	★Functional Fitness **No class 12/24 or 12/31**	GW	Studio2	
	11:00-12:30 PM	★Gentle Yoga **No class 12/24 or 12/31**	DO	Studio1	
	5:45-6:45	★Step and Sculpt **No	VK	Studio1	
	6:00-6:50	★Group Cycle Class	GS	Studio2	
	6:30-7:15	★H ₂ O Fitness 12/24	WJ	Main Pool	
	7:00-8:00	Power Yoga or	AG	Studio2	
	7:00-8:00	★Body Sculpting 12/31**	GS	Studio1	
	7:15-7:45	★H ₂ O Pilates **No class 12/24 or 12/31**	WJ	Small Pool	
	8:15-9:00	★ZUMBA® **No class 12/24 or 12/31**	DB	Studio1	
	FRI.	8:30-9:30	★3-2-1	BB	Studio1
		8:30-10:00 AM	★Group Cycle & Yoga	TL	Studio2
9:00-10:00		Deep Water Workout	RG	Main Pool	
9:45-10:45		Agility Drills	MM	Studio1	
10:00-10:45		★H ₂ O Flex & Firm	JV	Small Pool	
10:15-11:00		★Keeping It Simple	KD/RaG	Studio2	
11:00-12:00 PM		★Flow Yoga	ED	Studio1	
6:15-7:15		★Group Cycle	GS	Studio2	
6:30-7:15		★ZUMBA®	TH	Studio1	
7:15-7:30	★Abs	GS	Studio 2		
SAT.	9:00-10:00 AM	H ₂ O Drills & Skills	SW	Main Pool	
	9:00-10:00	★Group Cycle	WJ/BB/GS	Studio2	
	9:15-10:00	★Family ZUMBA® (Ages 6 & up w/ a parent)	LA/CK	Studio1	
	9:15-10:15	Yoga	ED	Community Rm	
	10:15-11:00	★ZUMBA®	MM	Studio1	
	10:15-11:15	★Pilates	WJ/BB/GS	Studio2	
	11:15-12:15 PM	★Body Sculpting	SW/GS	Studio1	
SUN.	1:15-1:45 PM	★ZUMBA® Technique ***December 13 th only***	SW	Studio1	
	1:30-2:30	★Group Cycle	UH/GS	Studio2	
	1:45-2:30	★ZUMBA®	SW	Studio1	
	2:40-2:55	★Abs	UH/GS	Studio1	

****Please bring a WATER BOTTLE and TOWEL to all cycle classes. Please come early if you need help setting up your cycle.****

****ALL KIDS FITNESS CLASSES WILL BE IN THE GYM BUT WILL SIGN IN AND OUT IN FRONT OF STUDIO1****

All group fitness classes are available to facility members ages 13 and up at no additional charge. Ages 9-12 may participate in select group exercise classes with a parent or guardian, age 18 or older, with the exception of Group Cycle, Body Sculpting, Bosu or Physio Ball.

For the safety of all participants, appropriate athletic shoes must be worn at all times.

No flip-flops or sandals allowed in the Wellness Center or Group Exercise classes except in Water, Yoga, Pilates, Tai Chi or Abs classes.

Summit Family YMCA Group Fitness Staff

LA – Lea Abraham	LBd - Linda Barstad	RB - Rachel Blackwell	AB - Amy Bonecutter
DB - Debi Bonecutter	BB - Beth Buckholtz	BC - Blake Clark	NC - Natalie Colvin
AD - Angela Dennis	ED - Elizabeth Dorsey	JD - Jennifer Dreyer	KD - Kelly Duncan
AG - Alisha Gautreau	RG - Rusty Gray	SG - Scott Gray	TG - Trish Gurney
RaG - Rachelle Gerson	UH - Ulyssa Hack	TH - Taina Hernandez	WJ - Wendy Jones
CK - Courtney Kalyta	VK - Valerie Kirkland	TL - Teddy Lyle	CM - Cheryl Maddox
MM - Maria Matheson	YM - Yvette Monet	PN - Patricia Nava	CO - Chris Orner
DO - Donna Owens	EP - Emily Pennington	GS - Gwen Sagula	TJ - T.J. Stanford
JV - Jody Vinson	GW - Greta Watkins	SW - Shari Weston	

(Schedule is subject to change without notice.)