

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

February 2010

| | <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 | SW/RaG | 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/LA | 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 | Studio2 |
| | | 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® | MM | 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 | ★Circuit Drills | 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 & Sculpt | 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, please contact Shane Gann 770-254-5932. For more information on Group Exercise, please contact Debi Bonecutter 770-254-5922.

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| THURS. | 5:30-6:30 AM | ★Group Cycle | TJ | Studio2 |
| | 8:30-9:30 | ★Group Cycle | CM | Studio2 |
| | 8:30-9:30 | ★Body Sculpting | MM/RaG | Studio1 |
| | 9:00-10:00 | ★H ₂ O Fitness | JV | Main Pool |
| | 9:45-10:30 | ★ZUMBA® | EP | Studio1 |
| | 10:45-11:45 | ★Functional Fitness | GW | Studio2 |
| | 11:00-12:30 PM | ★Gentle Yoga | DO | Studio1 |
| | 5:45-6:45 | ★Step and Sculpt | VK | Studio1 |
| | 6:00-6:50 | ★Group Cycle | GS | Studio2 |
| | 6:30-7:15 | ★H ₂ O Fitness | WJ | Main Pool |
| | 7:00-8:00 | Power Yoga | AG | Studio2 |
| | 7:00-8:00 | ★Body Sculpting | GS | Studio1 |
| | 7:15-7:45 | ★H ₂ O Pilates | WJ | Small Pool |
| | 8:15-9:00 | ★ZUMBA® | DB | Studio1 |
| | FRI. | 8:30-9:30 | ★3-2-1 | BB |
| 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. | 1:30-2:30 | ★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

DB - Debi Bonecutter, Group Exercise Coordinator

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|-----------------------|----------------------|-----------------------|-----------------------|
| LA – Lea Abraham | LBd - Linda Barstad | RB - Rachel Blackwell | AB - Amy 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.)