

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

J.M. Tull Gwinnett Family YMCA

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NOVEMBER, 2009

	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>LOCATION</u>
<b>MON.</b>	6:00-7:00 am	Boot Camp	John	Studio
	8:30-9:00 am	Athletic Intervals Func. Cl	Geoff	Studio
	9:15-10:15 am	★Aqua Aerobics	Janet/Andee	Pool
	9:25-10:20 am	Kickboxing	Karen	Studio
	10:15-11:00 am	★Twinges	Janet/Andee	Pool
	10:25-11:20 am	★Align & Define	Stephanie	Studio
	11:25 am-12:10 pm	Toddlercize	Stephanie	Studio
	11:30 am-12:10 pm	★L.I.F.E. Water	Janet/Andee	Pool
	12:15 -1:00 pm	★Twinges	Debbie	Pool
	5:30-6:25 pm	★Align & Define	Staff	Studio
	6:30-7:25 pm	★Zumba®	Sandee	Studio
	6:45-7:45 pm	★Aqua Aerobics	Jamie	Pool
	7:30-8:30 pm	★Yoga	Rhonda	Studio
<b>TUES.</b>	8:00-9:00 am	Group Cycling	Kathy	Studio
	9:05-9:30 a.m. (Nov 3 & 17)	★Awesome Abs Func. Cl	Rhonda	Raq-C3
	9:15-10:15 am	★Aqua Aerobics	Linda M.	Pool
	9:25-10:25 am	Step/Abs	Kathy	Studio
	10:30-11:25 am	★Yoga	Sandee	Studio
	11:30-12:30am	★Zumba® Gold	Sandee	Studio
	4:30-5:25 pm	★Zumba®	Kelly	Studio
	5:30-6:25 pm	★Basic Step	Wendy	Studio
	6:30-7:25 pm	Step	Samantha	Studio
	6:45-7:45 pm	★Aqua Aerobics	Carol	Pool
	7:30-8:30 pm	Group Cycling	John	Studio
<b>WED.</b>	6:00-7:00 am	Group Cycling	Rhonda	Studio
	8:00-9:00 am	★Pilates	Rhonda	Studio
	9:15-10:15 am	★Aqua Aerobics	Rae	Pool
	9:25-10:25 am	Hi/Low Fusion	Sandee	Studio
	10:15-11:00 am	★Twinges	Rae	Pool
	10:30-11:15 am	★L.I.F.E. Land	Sandee	Studio
	11:30 am-12:10 pm	★L.I.F.E. Water	Carol	Pool
	12:15-1:00 pm	★Twinges	Debbie	Pool
	5:30-6:15 pm	★Align & Define	Rhonda	Studio
	6:15-6:45 pm	★Pilates	Rhonda	Studio
6:45-7:45 pm	★Aqua-Deep Water	Brenda	Pool	
<b>THURS.</b>	8:00-9:00 am	Group Cycling	Rhonda	Studio
	9:15-10:15 am	★Aqua Aerobics	Barb	Pool
	9:25-10:25 am	Interval Step	Kathy	Studio
	10:15-11:00 am	★Twinges	Barb	Pool
	10:30-11:25 am	★Yoga	Sandee	Studio
	11:30 am -12:30 pm	★Line Dancing	Sandee	Studio
	5:30-6:25 pm	Group Cycling	John	Studio
	6:30-7:25 pm	Cardio, Step & Sculpt	Burt	Studio
	6:45-7:45 pm	★Aqua Aerobics	Brenda	Pool
7:30-8:30 pm	★Yoga	Terri	Studio	

	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>LOCATION</u>
<b>FRI.</b>	6:00-7:00 am	★Yoga/Pilates	Terri	Studio
	9:15-10:15 am	★Aqua-Deep Water	Barb	Pool
	9:25-10:25 am	★Zumba®	Sandee	Studio
	10:15-11:00 am	★Twinges	Barb	Pool
	10:30-11:15 am	★Basic Step/Yoga Lite	Rhonda	Studio
	11:30 am-12:10 pm	★L.I.F.E. Water	Barb	Pool
	12:15-1:00 pm	★Twinges	Debbie	Pool
	6:00-7:00 pm	★Line Dancing	Donna	Studio
<b>SAT.</b>	8:05-9:00 am	Group Cycling	Stephanie	Studio
	8:15-9:15 am	★Aqua Aerobics	Carol	Pool
	9:05-10:00 am	Step	Burt	Studio
	10:05-11:00 am	★Align & Define	Kathy/Laurie	Studio
	11:05 am-12:00 pm	★Yoga	Sandee/Rhonda/Laurie/Michelle	Studio
	12:05-1:00 pm	★Zumba®	Sandee	Studio
<b>SUN.</b>	1:15-2:10 pm	Group Cycling	John/Bruce	Studio
	2:15-3:10 pm	Interval Step	Bruce/Adora	Studio
	3:15-4:10 pm	★Yoga	Terri/Laurie/Michelle/Emily	Studio
	4:15 – 5:10 pm	Group Cycling	John/Rick	Studio
	4:45-5:45 pm	★Aqua Aerobics	Jamie/Bridgett	Pool

### CLASS DESCRIPTIONS

Align & Define - a conditioning workout using weights, medicine balls, Resist-a-Balls and exertubes to build strength and endurance in the whole body. Abdominals and stretching exercises are included.

Basic Step – Designed for the beginner or those who prefer simplified choreography on the step platform.

Bootcamp – A cross-training challenge that intertwines athletic drills, hi-lo movements, cardio Kickboxing, strength and core conditioning..

Cardio Step & Sculpt – Combines Step, Sculpting, Hi/Lo and Kickboxing in one GREAT Workout

Hi/Low Fusion - combines intervals of high/low impact and strengthening exercises.

Group Cycling - a cardiovascular workout done on stationary bikes. This class has simulated hills, flat roads, and drills set to music. **Reserve your bike in person starting one hour prior to class starting time, except for the Saturday & Sunday classes. For the Saturday class you may call in your reservation beginning at 7:00 pm Friday night and for the Sunday 1:15 p.m. class you may call beginning at 5:00 pm on Saturday afternoon.**

Interval Step – Involves alternating short bursts of step activity segments with strength work segments.

Junior Athletic Intervals – Step/Strength/Athletic Intervals for 6 – 13 year-olds (Summers Only)

Kickboxing - Cardio workout involving martial arts upper body moves and lower body stances with kicks.

L.I.F.E. (land & water) – Low Impact and Flexibility for **E**verybody. (low intensity movements performed in the Group Exercise Studio or in the pool)

Line Dancing - country, latin disco...lines will be taught. The instructor breaks it down into easy steps.

Pilates - a method of body conditioning which uses a unique system of stretching and strengthening exercises targeting the core muscles (abs & back) utilizing movements developed by Joseph Pilates.

Step - a high intensity workout done while stepping up and down on a platform.

Toddlercize – a parent/toddler (ages 2-5) movement education class which helps develop body awareness, rhythm, flexibility and coordination.

Twinges – help improve joint flexibility and muscle strength with the aid of the water's bouyancy and resistance.

Yoga & Yoga Lite - free your spirit, calm your mind, stretch your body. Yoga will do this and more.

Zumba®/Zumba® Gold – A FUN way to dance your way to a fitter you...exciting and unique Latin and international moves and rhythms. Gold is a less intense version for the active older adult or true beginning exerciser.

**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 these classes or THE COACH APPROACH-An Exercise Support Process®, contact Rhonda Tingle at 770-513-5953 or rhondat@ymcaatlanta.org.**