

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

The Villages at Carver Family YMCA

404-635-9622

vcy.ymcaatlanta.org

July

| | TIME | CLASS | INSTRUCTOR | LOCATION |
|-------------|----------------|------------------------|-----------------------------|-----------------|
| MON | 5:45-6:45 AM | Boot Camp | Makeba | Studio |
| | 9:00-10:00 | ★Water Aerobics | Wesley/ Eloise 1,3,5 2,4 | Pool |
| | 9:15-10:05 | ★Senior Fitness | Danielle | Activity Room 1 |
| | 5:00-5:30 PM | ★ Abs Only | Monique | Studio |
| | 5:35-6:25 | ★Body Sculpt | Monique | Studio |
| | 6:15-7:15 | Group Cycling | Karen | Activity Room 2 |
| | 6:30-7:20 | Step Combo | Cedric | Studio |
| | 7:15-8:15 | ★Water Aerobics | Ke-Ke | Pool |
| | 7:30-8:30 | ★Yoga | Mit/Staff | Studio |
| TUE | 5:45-6:45 AM | Step n Sculpt | Jameelah | Studio |
| | 10:15-11:15 AM | ★Senior Chair Aerobics | Wesley | Activity Room 1 |
| | 5:40-6:40 PM | ★Body Sculpt | Jameelah | Studio |
| | 6:30-7:30 | Group Cycling | Makeba | Activity Room 2 |
| | 6:45-7:35 | ★Cardio Funk | Altheia | Studio |
| | 7:00-8:00 | ★Water Aerobics | Eloise | Pool |
| | | 7:35-8:25 | ★Fitness Pilates | Jameelah |
| WED | 5:45-6:45 AM | Boot Camp | Makeba | Studio |
| | 9:10-10:10 | ★ Cardio Combo | Monique | Studio |
| | 10:15-11:15 | ★Senior Water Aerobics | Rae-Rae | Pool |
| | 11:20-12:20 | ★Senior Fitness | Rae-Rae | Activity Room 1 |
| | 5:00-5:30 PM | ★ Abs Only | Cedric | Studio |
| | 5:35-6:25 | Step | Cedric | Studio |
| | 6:30-7:30 | Cardio Kick | Tina | Studio |
| | 6:35-7:35 | Group Cycling | Makeba | Activity Room 2 |
| | 7:35-8:30 | ★Body Sculpt | Jameelah | Studio |
| THUR | 10:20-11:20 | ★Senior Chair Aerobics | Danielle | Activity Room 1 |
| | 5:00-5:30 PM | ★ Abs Only | Jameelah | Studio |
| | 5:40-6:40 PM | ★Body Sculpt | Jameelah | Studio |
| | 6:45-7:35 | ★Salsa | Cynthia | Studio |
| | 6:40-7:35 | Group Cycling | Jameelah | Activity Room 2 |
| | | 7:40-8:35 | ★Fitness Pilates | Jameelah |
| FRI | 5:45-6:45 AM | Step n Sculpt | Jameelah | Studio |
| | 9:00-10:00 AM | ★Arthritis Aerobics | Eloise | Pool |
| | 9:00- 10:00 | Circuit Training | Tina | Studio |
| | 6:00-7:00 PM | ★Body Sculpt | Altheia | Studio |
| SAT | 9:05-10:05 AM | Step Combo | Cedric | Studio |
| | 10:00-11:00 | Group Cycling | Darrell | Activity Room 2 |
| | 10:05-11:05 | ★Salsa | Cynthia | Studio |
| SUN | 1:00-2:00 PM | Tai Chi/Yoga | Peter/Staff 1,3,5 2,4 | Studio |
| | 2:00-3:00 | ★Water Aerobics | Jameelah | Pool |
| | 2:05-3:05 | Step n Sculpt | Cedric | Studio |
| | 3:05-4:30 | Group Cycling | Jameelah | Activity Room 2 |

Any class with a ★ next to it is appropriate for someone new to Group Exercise or anyone in THE COACH APPROACH ®

For additional information please contact Jameelah at 404-488-8507. Note: *Schedule and instructors may rotate without prior notice.*