

Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

East Lake Family YMCA

404-373-6561

ely.ymcaatlanta.org

November 2009

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®, please contact the Wellness Department

1 = Beginner, 2 = Intermediate, 3 = Advance Classes

	<u>Time</u>	<u>Class</u>	<u>Level</u>	<u>Instructor</u>	<u>Location</u>
MON.	8:00-9:00	★Senior Water	1	Mr. Ted	Lagoon
	9:00-10:00	★Senior Water	1	Mr. Ted	Lagoon
	9:15-10:15	★Fit and Firm	1-2	Monique	Studio
	9:15-10:30	Flow Yoga	2	Lisa B.	Heritage Room
	10:25-11:00	*Senior Strenghten	1	Danielle	Multi-purpose
	10:45-11:45	★Qi Gong	1	Aviva	Meeting Room 3
	12:00-12:45PM	Pilates	2	Micki	Heritage Room
	4:00-5:00	Step to it	1	Allison	Studio
	5:05-5:55	Zone & Tone	2	Frances	Studio
	6:00-7:00	Group Cycling	3	Joseph	Heritage Room
	6:00-7:00	★Cardio Funk	1	Kym	Studio
	6:30-7:30	★Aqua Funk	1	Patricia	Lagoon
	7:00-7:45	Advanced Step	3	Vince	Studio
	7:00-8:00	★Yoga Meditative Flow	1-3	Susan	Meeting Room 3
7:05-8:05	Pilates	2	Micki	Heritage Room	
TUES.	6:00-7:00 AM	Group Cycling	3	Darrell	Heritage Room
	8:00-9:00	★Senior Aqua Jam	1	Patrica	Lagoon
	9:00-10:00	★Aqua Funk	1	Rae-Rae	Lagoon
	9:15-10:15	Pilates	2	Julia	Heritage Room
	9:30-10:30	Body Sculpting	1-2	Harmony	Studio
	10:00-11:00	Chair Aerobics	1	Rae-Rae	Meeting Room 3
	10:30-11:00	Toddlercize	1	Ife	Heritage Room
	10:30-11:30	Splash-N-Dash	1	Brandy	Lagoon
	11:10-12:00 PM	★Mommy & Me Fitness	1	Ife	Studio
	4:10-5:10	20/20/20	3	Kammick	Studio
	5:15-6:15	Turbo Kick	1-3	Melanie	Studio
	5:30-6:30	Group Cycling	3	Will	Heritage Room
	6:25-7:25	Mix it up	1	Lisa	Studio
	6:30-7:30	★Aqua Funk	1	Patricia	Lagoon
6:30-8:00	Flow Yoga	2	Lisa B.	Meeting Room 3	
8:00-9:00	Step	2	Elgin	Studio	
WED.	6:00-7:00AM	Group Cycling	1-3	Claire	Heritage Room
	6:00-7:00AM	*Abs and Sculpt	1-3	Devon	Studio
	8:00-9:00	★Senior Water	1	Mr. Ted	Lagoon
	9:00-10:00	★Senior Water	1	Mr. Ted	Lagoon
	9:15-10:30	★Total Body Yoga	1-2	Michelle	Heritage Room
	9:45-10:45	★Yoga	1	Dr. Michael	Meeting Room 3
	9:45-10:45	★Power Pump	1-2	Danielle	Studio
	10:30-11:00	Aquababy	1	Ife	Lagoon
	10:45-11:30	Senior Strenghten	1	Danielle	Multi-purpose
	10:50-11:45	Qi Gong Fusion	1-2	Aviva	Studio
	11:00-11:30	Toddlercize	1	staff	Heritage Room
	11:50-12:45	Belly Dance	1-2	Aviva	Studio
	12:00-1:00PM	Pilates	2	Micki	Heritage
	5:05-6:05	Zone & Tone	2	Monique	Studio
	5:30-6:30	★Easy Yoga	1	Duriya	Meeting Room 3
	5:35-6:35	Group Cycle	3	Will	Heritage Room
	6:05-6:30	Amazing Abs	2	Monique	Studio
	6:30-7:30	★Aqua Funk	1	Patricia	Lagoon
	6:35-7:35	Advanced Step	3	Vince	Studio
	7:35-8:35	Allstar Boot Camp	1-2	Allison	Heritage Room
	7:35-8:35	Hip Hop	2	Jameel	Studio

Partner With Youth...Get your class a banner to display your support for your YMCA...See instructor for details.

	<u>Time</u>	<u>Class</u>	<u>Level</u>	<u>Instructor</u>	<u>Location</u>
THURS.	8:00-9:00	★Aqua Jam	1	Patrica	Lagoon
	9:00-10:00	★Aquacize	1	Rae-Rae	Lagoon
	9:15-10:15	Pilates	2	Julia	Heriatage Room
	9:40-10:30	Mommy & Me Fitness	1	Ife	Studio
	4:10-5:10 PM	20/20/20	3	Kammick	Studio
	5:30-6:20	Pilates	2	Pattie	Heritage Room
	6:00-6:30	Six Pack Abs	2	Elgin	Studio
	6:25-7:25	Step Survival	3	Elgin	Studio
	6:30-7:30	Aqua Boogie	2	Stephanie	Lagoon
	6:30-7:30	Group Cycling	3	Susan T.	Heritage Room
7:35-8:35	★Pilates Mix	1	Claire	Studio	
FRI.	6:00-7:00 AM	Group Cycling	3	Darrell	Heritage Room
	8:00-9:00	★ Water Aerobics	1	Mr. Ted	Lagoon
	9:00-10:00	★Water Aerobics	1	Mr. Ted	Lagoon
	9:00- 9:50	Shape & Sculpt	1-2	Patrica	Studio
	9:40-10:40	★Yoga	1	Dr. Michael	Heritage Room
	10:45-11:45	★Tai Chi	1	Dr. Michael	Meeting Room 3
	6:35-7:35	Allstar Boot Camp	1-2	Cyrus	Studio
	7:00-8:30	★Relaxation Yoga	1	ELY Staff	Meeting Room 3
SAT.	8:30-9:30 AM	Group Cycling	3	Susan R.	Heritage Room
	9:20-10:20	★Pilates/ Yoga Mix	1	Duriya	Studio
	10:30-11:30	30/30	2	Lisa R.	Studio
	11:35-12:35 PM	★Tone It Up	1-2	Danielle	Studio
	1:30-2:30	★Liquid Tone	1	Felicia	Lagoon
SUN.	12:30-1:30 PM	★Yoga	1	Kathy	Studio
	1:00-2:00	Group Cycling	3	Will/Susan	Heritage Room
	1:45-2:45	Body Sculpt	1-2	Kathy	Studio

Class Descriptions

- Body Sculpt-** increase your muscle strength, endurance, and definition. High repetitions are necessary to sculpture the muscle.
- Cycling-** is a cardiovascular group exercise class done on stationary bikes. During the class the instructor simulates rides, such as flat roads, climb hills sprint and race. Just starting? Don't worry...all levels are welcome!
- Water Fitness-** is an activity, which raises the heart rate and breathing. Water aerobic is easier on your joints. Typical Moves to strengthen your muscle: marching, circling arms, stretching, bending knees, swining legs, jumping Jacks and jogging.
- Senior Water-** a therapeutic water exercise class offering a non-threatening environment and program to meet special individual needs. Those rehabilitating from injury or some surgeries find the recovery aspect of water exercise to be extremely beneficial.
- Yoga-** Mentally and actively let out tension using stretching, breathing and relaxation techniques. Stretch stiff muscles and learn how to keep tension from building up again. Class teaches the basic of yoga.
- Kickboxing-** is an athletic workout consisting of strength and conditioning drills. Also, kickboxing focuses on using the upper body for a variety of punches and lower body for kicks.
- Pilates-** is a method of exercise developed by German-born Joseph Pilates. The exercise focuses on postural Symmetry, breath control, abdominal strength, spine, pelvis and shoulders stabilization, muscular flexibility, joint mobility and strengthening through range of motion of all joints.
- Step Aerobics-** is a form of aerobics that involves rapid stepping patterns, performed to music with cues givens by an instructor.
- Hip-Hop Dance-** is dance styles (street dance, new dance and break dance) which these moves are danced to hip hop music.
- Belly Dancing-** is a middle Eastern dance in which the dancer makes sensuous movements of hip and abdomen.
- Tai Chi-** is an internal style of Chinese Martial Art, which focuses on the use of our vital power through slow, relaxed and continious motion of the body.
- Qi Gong-** is the task of learning control the flow of Qi through your body by using breath, movement and meditation.
- Sr. Strengthen-** a low impact chair aerobics class that combines a number of upper body movements, stretching and breathing exercises with an instructor.
- African Express-** a cardiovascular exercise workout that will improve coordination and muscle tone. The class mixes low and high impact African dance steps, with flexibility to adapt to everyone's physical ability. It is a blend of various dance styles of West and Central Africa. This class is suitable to all levels of fitness and no previous experience with African dance is necessary.

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