

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Summit Family YMCA

770-254-9622

sfy.ymcaatlanta.org

September 2008

We will be open Labor Day, Monday, September 1st from 8am–6pm.

Please see Monday for the special one class only schedule for Labor Day.

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>	
MON.	5:15-6:15 AM	Group Cycle	TJ	Studio2	
	8:15-9:15	Step It Up	AD	CGCStudio1	
	8:30-9:30	★Group Cycle	GS	Studio2	
	9:00-9:45	★H ₂ O Functional Fitness	SW	Main Pool	
	9:30-10:30	*****★20/20/20***** Labor Day Only	JV	CGCStudio1	
	9:30-10:30	Power Yoga	TL	Tyre CommRm	
	9:30-10:30	★Body Sculpting	GS	CGCStudio1	
	9:30-10:30	Group Cycle ***NEW INSTRUCTOR***	MM	Studio2	
	10:00-10:45	★H ₂ O Flex & Firm	KD	Small Pool	
	10:00-11:00	★H ₂ O Hi-Lo	RG	Main Pool	
	10:45-11:45	Kickboxing	LBd	Studio2	
	11:00-12:00 PM	★Line Dancing	KD	CGCStudio1	
	4:30-5:30	Agility Drills	CO	CGCStudio1	
	4:30-5:30	Kids Fitness (Sign-in & Pick-up at CGCStudio1)	SC/NC	Gym	
	5:30-6:15	★H ₂ O Flex & Firm ***NEW INSTRUCTOR***	MM	Small Pool	
	5:45-6:45	★Pilates	LS	CGCStudio1	
	5:45-6:55	★Group Cycle & Abs (Abs 1 st 15 min)	LB	Studio2	
	6:30-7:30	Deep Water Workout ***NEW INSTRUCTOR***	MM	Main Pool	
	7:00-8:00	★3-2-1	BB	CGCStudio1	
	7:00-8:00	★Tai Chi	TG	Studio2	
	TUES.	5:30-6:30 AM	Group Cycle & Abs	JD	Studio2
		8:30-9:25	★Intro to Group Cycle	DB	Studio2
		8:30-9:30	★3-2-1	BB	CGCStudio1
9:00-10:00		★Ease Into H ₂ O Fitness	KaD	Main Pool	
9:30-10:30		★Mat Pilates	LS	Studio2	
9:45-10:45		Cardio Core	CO	CGCStudio1	
11:00-12:00 PM		★Functional Fitness	KaD	Studio2	
11:00-12:30		★Gentle Yoga	DO	CGCStudio1	
4:30-5:30		★Ultra Sculpt	SW	CGCStudio1	
5:45-6:45		★Ease Into It	SW	CGCStudio1	
6:30-7:30		★H ₂ O Hi-Lo ***NEW INSTRUCTOR***	MM	Main Pool	
7:00-8:10		Yoga	DO	CGCStudio1	
7:00-8:00	★Cycle & Abs	GS	Studio2		
WED.	5:15-6:15 AM	Group Cycle	SG	Studio2	
	8:15-9:15	Pilates	CO	CGCStudio1	
	9:00-10:00	H ₂ O Drills & Skills	KB	Main Pool	
	9:30-10:30	Bicycle Bootcamp	CO	Studio2	
	9:30-10:30	★Step & Sculpt	BB	CGCStudio1	
	10:00-10:45	★H ₂ O Pilates	JV	Small Pool	
	10:15-11:00	★H ₂ O Functional Fitness	KB	Main Pool	
	4:30-5:30 PM	Group Cycle/PUMP	CO	Studio2	
	4:30-5:30	Kids Fitness (Sign-in & Pick-up at CGCStudio1)	SC/NC	Gym	
	5:45-6:45	★Cardio Dance	SW	CGCStudio1	
	6:15-7:00	★Group Cycle	GS	Studio2	
	6:30-7:30	H ₂ O Cardio Blast	GK	Main Pool	
	7:00-8:00	★Core/Pilates	GS	CGCStudio1	

	<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	★Body Sculpting	AD	CGCStudio1
	9:00-10:00	★H ₂ O Fitness	JV	Main Pool
	9:30-10:30	★Group Cycle	CM	Studio2
	9:45-10:45	★Cardio Dance	LBd/SW/DB	CGCStudio1
	11:00-12:00 PM	★Functional Fitness	SW	Studio2
	11:00-12:30	★Gentle Yoga	DO	CGCStudio1
	4:30-5:30	★3-2-1	SW	CGCStudio1
	5:30-6:15	★H ₂ O Pilates	RB	Small Pool
	5:45-6:45	★Step & Sculpt	VH	CGCStudio1
	6:00-6:55	★Group Cycle	GS	Studio2
	6:30-7:30	★Ease Into H ₂ O Fitness	RB	Main Pool
	7:00-8:00	★Body Sculpting	GS	CGCStudio1
	7:00-8:00	Power Yoga	AG	Studio2
	FRI.	8:30-9:30 AM	★Group Cycle	TL
8:30-9:30		★Ease Into It	BB	CGCStudio1
9:00-10:00		Deep Water Workout	RG	Main Pool
9:45-10:45		Agility Drills	CO	CGCStudio1
10:00-10:45		★H ₂ O Flex & Firm	JV	Small Pool
11:00-12:00 PM		Pilates on the Ball	CO	CGCStudio1
5:45-6:45		Kickboxing	LS/LBd	CGCStudio1
6:15-7:30		★Cycle, Glutes & Abs	GS	Studio2
SAT.	8:15-9:30 AM	Yoga	DO	CGCStudio1
	8:30-9:30	★Group Cycle	CO/LS	Studio2
	9:00-10:00	H ₂ O Drills & Skills	SW/GK	Main Pool
	9:45-10:45	★Pilates	CO/LS	CGCStudio1
	10:00-11:00	★Warm Water Stretch	DO/MM/RB	Small Pool
	11:00-12:00 PM	★Ultra Sculpt	GS/SW	CGCStudio1
SUN.	1:30-2:30 PM	Group Cycle	GS/SG	Studio2
	1:15-2:30 PM	★Cardio Dance (Breakdown 1 st 15 min.)	LBd/SW/DB	CGCStudio1
	2:45-3:15 PM	★Abs	SW/GS/SG	CGCStudio1

****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 CGCSTUDIO1****

**CGCStudio1 was funded with a donation from Canongate Golf Clubs.
The Tyre Community Room is named in honor of Dr. Eugene Tyre.**

Summit Family YMCA Group Fitness Staff

DB - Debi Bonecutter, Wellness Director – debib@ymcaatlanta.org

LBd - Linda Barstad
BB - Beth Buckholtz
KaD - Katrina Doris
RG - Rusty Gray
VH - Valerie Holland
MM - Maria Matheson
GS - Gwen Sagula
KW - Kristina Wallace

RB - Rachel Blackwell
SC - Sonja Cinnamon
JD - Jennifer Dreyer
SG - Scott Gray
GK - Gwen Kunselman
YM - Yvette Monet
LS - Lauren Seamon
SW - Shari Weston

LB - Linda Bolton
NC - Natalie Colvin
KD - Kelly Duncan
TG - Trish Gurney
TL - Teddy Lyle
CO - Chris Orner
TJ - T.J. Stanford

KB - Kendall Bryant
AD - Angela Dennis
AG - Alisha Gautreau
UH - Ulyssa Hack
CM - Cheryl Maddox
DO - Donna Owens
JV - Jody Vinson

(Schedule is subject to change without notice.)

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 Debi Bonecutter 770-254-5922.