

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Covington Family YMCA

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cvy.ymcaatlanta.org

September 2008

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	H.E.A.T Jennifer 60 Min.	Group Cycling Cathy 45 Min.	H.E.A.T Jennifer 60 Min.	Group Cycling Cathy 45 Min.			
8:30 AM		20/20/20 Tara 60 Min.		20/20/20 Nadine or Tara 60 Min.			
8:45 AM	Cycle-lates April & Nadine 60 Min.						
9:00 AM			Pilates Nadine 60 Min.		Pilates Nadine 60 Min.		
9:15 AM							
9:30 AM		*Yoga Nadine 60 Min.		*Yoga Nadine 60 Min.			
9:45 AM							
10:00 AM	*Forever Fit Jamie 60 Min.		Stroll Aerobics April 60 min.				
10:15 AM						*Pilates Jennifer 60 Min.	
10:30 AM			*Morning Stretch Jamie 45 Min.		*Morning Stretch Jamie 60 Min.		
11:15 AM			*Forever Fit Jamie 45 Min.				
3:00 PM							Thai Chi Richard 60 min.
4:15 PM				Cycle Circuit April 45 Min.			
4:30 PM	*H.E.A.T. Nadine 45 Min.	Body Works Express JaNiece 30 Min.	*H.E.A.T. Nadine 45 Min.				
5:10 PM		Just Abs JaNiece 20 Min.		Just Abs April 20 Min.			
5:30 PM	Group Cycling April 45 Min.		Group Cycling Trista 45 Min.				
5:40 PM		Zone & Tone Penny 60 Min.					
5:45 PM				Cycle-lates Jennifer 60 Min.			
6:30 PM	Zone & Tone Susan 60 Min.		Yoga Karen 60 Min.				
6:40 PM		Pilates Susan 60 Min.					
7:40 PM	Yoga Karen 60 Min.						

See announcement board in the lobby for any schedule changes.

Any class with an * next to it is a class appropriate for someone new to Group Exercise or in th Coach Approach.

Class Descriptions

Body Works Express-This class incorporates weights, bands, and stability balls for a great strength training routine.

Cycle-lates- a 60 minute class that combines 30 minutes of group cycling and 30 minutes of pilates. If you are looking to tone up, burn calories, and get a great cardiovascular workout. This is the class for you!

Cycle Circuit-Interval training which combines Group Cycling with strength training for a challenging workout. Bring a water bottle & towel to this class!

Forever Fit- low impact aerobic dance class designed for Active Older Adults or the beginner exerciser.

Group Cycling-a cardiovascular workout done on a stationary bike. This class has simulated hills, flat roads, and drills set to music. Bring a water bottle & towel to this class!

H.E.A.T.- (HIGH ENERGY ATHLETIC TRAINING) strength and cardiovascular training for all fitness levels.

Just ABS-a 20 minute abdominal session.

Morning Stretch-flexibility training for all fitness levels.

Pilates-a low impact workout focused on developing core strength.

Stroll Aerobics-a 60 min cardiovascular workout which combines walking and resistance training. This class is for adults and their stroller age children. Bring your stroller and meet in the parking lot next to the pool!

Tai-Chi-involves 18 basic moves to improve balance and coordination.

Yoga-focuses on stretching in order to increase flexibility and muscle tone.

Zone & Tone-a mixture of cardio, sculpt, abs,and stretching; this class is designed to burn away the calories and break your fitness plateau.

20/20/20- 20 min of cardio, 20 min of strength training, and 20 min of abs and stretching.

KID ZONE HOURS :

Monday-Thursday 8:00am-11:30am & 4:00pm-8:00pm

Friday 8:00am-11:30am & 4:00pm-7:00pm

Saturday 9:00am-12:00pm

Just a reminder to arrive at class on time in order to warmup and bring a water bottle!