

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30 AM		Functional Fitness with Matt		Functional Fitness with Matt	
5:00 AM	Spinning with Julie Step Challenge with Amelia	Body Pump with Amelia Spinning with Richard	Step Challenge with Cheryl Spinning with Julie	Body Pump with Amelia Spinning with Richard	Spinning with Julie Kick & Tone with Cheryl
6:00 AM	Spinning with Richard		Spinning with Richard		Spinning with Richard
7:00 AM					
8:20 AM	Yoga with Bharti	Yoga with Kathleen	Yoga with Bharti	Yoga with Kathleen	Yoga with Bharti
8:30 AM	Spinning with Shaye Insanity with Shelby Water Aerobics with Evonne	Spinning with Shelby Water Aerobics with Evonne	Spinning with Shaye Insanity with Shelby Water Aerobics with Evonne	Spinning with Shelby Water Aerobics with Evonne	Boot Camp with Shaye Water Aerobics with Evonne
9:20 AM	Power Pump with Bharti	Kardio Kick with Shaye	Power Pump with Bharti	Kardio Kick with Shaye	Power Pump with Bharti Spinning with Shelby
10:00 AM		TRX/Circuit with Evonne		TRX/Circuit with Evonne	
10:15 AM					Spinning with Richard
10:20 AM	Silver Sneakers with Bharti	Silver Sneakers with Shaye	Silver Sneakers with Bharti	Silver Sneakers with Shaye	Silver Sneakers with Bharti
11:15 AM					
12:10 PM	Yogalates with Shaye	TRX/Circuit with Evonne	Spinning with Shaye	TRX/Circuit with Evonne	Yogalates with Shaye
2:30 PM					
3:30 PM					
4:00 PM					Spinning with Shaye
4:30 PM	Boot Camp with Rosie	Cardio & Tone with DeAngela	Cardio & Tone with Jen	Cardio & Tone with Michelle	Boot Camp with Rosie
5:30 PM	Cardio & Tone with Michelle Spinning with Amelia	Power Yoga with Bharti Spinning with Richard	Power Pump with Bharti	Power Yoga with Bharti Spinning with Richard	
6:00 PM	Zumba® with Christina TRX/Circuit with Reagan	Zumba® with Kenya TRX/Circuit with Reagan	TRX/Circuit with Reagan	Zumba®-Mania with Christina	Zumba® with Brittany
6:30 PM	Spinning with Amelia Yoga with Bharti	Spinning with Richard Cardio & Core with Rosie	Spinning with Rosie Yoga with Bharti	Plyometric Circuit with Rosie	
7:00 PM			Boot Camp with Jeremy		
7:30 PM	Upper Body Sculpt with Rosie	"The Burn" Kickboxing with Sabrina	Lower Body Sculpt with Rosie	"The Burn" Kickboxing with Sabrina	

REVISED 05/16/17

**SATURDAY**

7:00 AM	Body Pump with Amelia
8:20 AM	Family Yoga with Bharti
9:00 AM	Spinning with Richard Zumba® with Bill
9:30 AM	Kardio & Kick with Cheryl
10:30 AM	Hip Hop with Sabrina

**SUNDAY**

Spinning with Amelia/Julie
Spinning with Richard

- Pool
- Main Studio
- Spin Studio
- Gym
- Youth & Teen
- Multi Purpose

Valdosta-Lowndes County Family YMCA • 229.244.4646  
**the** **SPRING GROUP X (Exercise)**



# CLASS DESCRIPTIONS

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**BODY PUMP:** Get lean, build strength and tone muscle with BODYPUMP. The original barbell class that shapes, tones and strengthens your entire body.

**BOOT CAMP:** Get ready for fitness that addresses all areas of fitness including cardio and muscular endurance, fat loss and weight loss, full body strength, agility, balance, flexibility, and most important...fun!!

**CARDIO AND TONE:** Combinations of high/low cardio combined with weights....total body workout!!!

**FAMILY YOGA:** Enjoy the benefits of Hatha Yoga with your family. Learn beginning breathing techniques and yoga postures. Great for flexibility, balance, and posture.

**FUNCTIONAL FITNESS:** This class employs your body weight and simple physics to create an unlimited range of resistance and complete range of functional exercises. Get ready for some military training!

**INSANITY:** For people willing to work hard, drop sweat, and ignore the voice that says "This Is Too Hard." Insanity is for you. High intensity interval training designed to touch maximum calories and take your body to new levels.

**KARDIO KICK:** Fusion of boxing, martial arts and aerobics usually done rhythmically to music. Offering an intense cross-training and total-body workout it utilizes the training routines used by combat athletes in martial arts, boxing and kickboxing.

**KICK AND TONE:** A combination of Kardio Kick and weight training. A high-energy class with strength, cardio and stabilization moves combined into one!!!!

**LOWER BODY SCULPT:** Designed strictly for the lower body muscles such as Gluteus, Hamstrings, Quadrilaterals and Calves! It is packed with squats, lunges and a multitude of workouts to tighten and tone the lower body! This class is good for beginners and the advanced.

**PLYOMETRIC CIRCUIT:** A circuit class designed for those wanting to get a high intensity workout. Plyo exercises are when the muscles exert maximum force in short intervals. This increases power and speed strength.

**POWER YOGA:** A Yoga class that will move from one posture into another. It will focus on muscle strength and flexibility, along with balance and endurance. The whole body will be worked as we include joint and back friendly squats, lunges, and abdominal poses.

**SILVER SNEAKERS:** A total body conditioning class offering exercises for the upper and lower body designed to increase muscular strength, range of movement and activities for daily living. Resistance tools and a chair for seated and standing support are used to increase the effectiveness of functional skills and abilities.

**SPINNING®:** Spinning is an aerobic exercise that takes place on a specially designed stationary bicycle called a Spinning Bike. Spinning brings health and fitness to every life style. If you're looking for a calorie burning, energizing, fun workout, we can help you do that!!!! Ages 16 and up.

**STEP CHALLENGE:** Experienced steppers wanted! Combinations of high/low step patterns are choreographed to energetic music for the ultimate aerobic experience.

**TRX:** Suspension training and the best workout system leverages gravity and your body weight to perform exercises.

**UPPER BODY SCULPT:** A workout based strictly on the upper body muscles, such as Biceps, Triceps, Shoulders, Chest, and Back! This class is good for the beginners and the advanced!

**WATER AEROBICS:** Use the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity. No swimming is required in water aerobics, and flotation devices are used frequently. Water exercise helps increase your energy, stamina and strength.

**YOGALATES:** A fusion of Yoga and Pilates, combine core pilates exercises with the postures and breathing techniques of power yoga. This class will increase core stability and power. Help build strength and flexibility and awaken your spirit and sculpt your entire body.

**ZUMBA®:** Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout that will blow you away. ZUMBA is for everyone at any level.

**ZUMBA®-MANIA:** If you can handle Zumba® then you can handle this...this class is an hour and a half long of hypnotic Latin rhythms!!

• AGES 12 AND UP ARE ALLOWED IN THE GROUP FITNESS ROOM AS LONG AS THEY ARE WITH THEIR PARENT AND HAVE GONE THROUGH YOUTH AND TEEN ORIENTATION

\* SPINNING AGES 16 AND UP

CHILD WATCH HOURS
Mon., Tues., Thurs.: 8 AM - 1 PM & 4 PM - 8:30 PM
Wed. & Fri.: 8 AM - 1 PM & 4 PM - 7:30 PM
Saturday: 9 AM - 2 PM
Sunday: 2 PM - 5 PM

YOUTH & TEEN HOURS
Monday - Thursday: 4 PM - 8 PM
Friday: 4 PM - 7 PM
Saturday: 10 AM - 2 PM
Sunday: 2 PM - 5 PM