

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

REVISED 07/24/17

4:30 AM

Functional Fitness with Matt

Functional Fitness with Matt

5:00 AM

Spinning with Julie

Body Pump with Amelia

Step Challenge with Cheryl

Body Pump with Amelia

Spinning with Julie

Step Challenge with Amelia

Spinning with Richard

Spinning with Julie

Spinning with Richard

Kick & Tone with Cheryl

6:00 AM

Spinning with Richard

Spinning with Richard

Spinning with Richard

SATURDAY

7:00 AM

Body Pump with Amelia

8:20 AM

Yoga with Bharti

Yoga with Susan

Yoga with Bharti

Yoga with Susan

Yoga with Bharti

AOA with Sabrina

8:30 AM

Spinning with Shaye

Spinning with Shelby

Spinning with Shaye

Spinning with Shelby

Boot Camp with Shelby

Boot Camp with Shelby

Boot Camp with Shelby

Water Aerobics with Evonne

Water Aerobics with Evonne

Water Aerobics with Evonne

Water Aerobics with Evonne

Water Aerobics with Evonne

9:00 AM Spinning with Richard

Zumba® with Bill

9:20 AM

Power Pump with Evonne

Kardio Kick with Shaye

Power Pump with Evonne

Kardio Kick with Shaye

Power Pump with Evonne

9:30 AM

Kardio & Kick with Cheryl

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

10:30 AM Hip Hop with Sabrina

12:10 PM

Yogalates with Shaye

TRX/Circuit with Evonne

Spinning with Shaye

TRX/Circuit with Evonne

Yogalates with Shaye

SUNDAY

2:30 PM

Spinning with Amelia/Julie

3:30 PM

Spinning with Sabrina

4:00 PM

Spinning with Shaye

4:30 PM

Boot Camp with Rose

Cardio & Tone with DeAngela

Cardio & Tone with Jen

Cardio & Tone with DeAngela

Boot Camp with Rose

5:30 PM

Cardio & Tone with Arica

Power Yoga with Arica

Power Pump with Sabrina

Power Yoga with Arica

Spinning with Amelia

Spinning with Richard

Spinning with Richard

6:00 PM

Zumba® with Brittany

Zumba® with Brittany

TRX/Circuit with Reagan

Zumba®-Mania with Kenya

Zumba® with Brittany

TRX/Circuit with Reagan

TRX/Circuit with Reagan

6:30 PM

Spinning with Amelia

Spinning with Richard

Spinning with Rose

Plyometric Circuit with Rose

Yoga with Sabrina

Cardio & Core with Rose

Yoga with Sabrina

7:00 PM

Boot Camp with Jeremy

Hip Hop with Sabrina

7:30 PM

Upper Body Sculpt with Rose

"The Burn" Kickboxing with Sabrina

Lower Body Sculpt with Rose

"The Burn" Kickboxing with Sabrina

Valdosta-Lowndes County Family YMCA • 229.244.4646

SUMMER GROUP X (Exercise)



Pool
Main Studio
Spin Studio
Gym
Youth & Teen
Multi Purpose



CLASS DESCRIPTIONS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS (AOA): Fusion of cardio, muscle strength, endurance and power for the Active Older Adult.

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!!!

BOOT CAMP KICK: Intervals of kick combinations with bootcamp moves designed to give you an amazing workout from head to toe, focusing on form and metabolic conditioning.

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!!

HIP HOP: This high-impact cardio workout engages the entire body and helps build muscle tone, increasing stamina & endurance while having fun!

• 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