



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Cowart Family Ashford Dunwoody YMCA
770-451-9622 www.ymcapass.com

May 2012

Group Cycle Schedule

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
MON				
	5:45-6:45AM	Group Cycle	Jim <i>No class 5/28</i>	North Aerobics Room
	9:00-9:55	Group Cycle	Stacey Natalie 5/28 <i>Class Memorial Day</i>	North Aerobics Room
	6:30-7:25	Group Cycle	Alison <i>No class 5/28</i>	North Aerobics Room
TUES				
	5:45-6:45AM	Group Cycle	Leigh	North Aerobics Room
	12:15-1:15PM	Group Cycle	Abby	North Aerobics Room
	6:00-6:55	Group Cycle	Amy	North Aerobics Room
WED				
	5:45-6:45AM	Group Cycle	Karen	North Aerobics Room
	9:00-9:55	*Group Cycle	Stacey	North Aerobics Room
	6:30-7:25	Group Cycle	Victoria	North Aerobics Room
THURS				
	5:45-6:45AM	Group Cycle	Davina 3 Richard 10, 17, 24	North Aerobics Room
	12:15-1:15	Group Cycle <i>Heart Rate Monitor</i>	Abby	North Aerobics Room
FRI				
	5:45-6:45AM	Group Cycle	Alison 4 Richard 11, 18, 25	North Aerobics Room
	9:00-9:55	Group Cycle	Davina	North Aerobics Room
SAT				
	8:30-9:25	Group Cycle	Alison 5 Kerry 12 Helen 19, 26	North Aerobics Room
	10:00-10:55	Group Cycle	Victoria 5, 26 Natalie 12, 19	North Aerobics Room
SUN				
	9:30-10:25AM	Group Cycle	Abby	North Aerobics Room

Group Exercise Descriptions

Abdominal Express 30 minute abdominal workout to train and strengthen core muscles.

Abs/Upper Body 15 min training to strengthen abs/upper body to compliment lower body workout.

AF Arthritis Foundation SUN Tai Chi Simplified 12 form of ancient Chinese poses promoting balance, strength & flexibility.

Body Sculpt Muscular strength and endurance using added resistance such as weights, balls or bands.

Boot Camp Challenging calorie burning cardio workout using agility moves and body weight. Intense workout.

Cardio Kickbox High Energy instructional class using karate and boxing techniques.

Core & More Designed to improve core muscles. Uses yoga, pilates, stability ball & resistance band training.

CorePole Uses resistance bands clipped to upright pole to work upper and lower body with variety of exercise drills.

Group Exercise Descriptions continued

Dance 'n Stretch Dance class formant which combines selected movements of yoga, tai chi and dance for cardio workout.

Deep Water Aerobics in the deep end of the pool. Flotation devices used. Water resistance is the best low impact workout.

Easy Does It Water class designed for beginners to provide gentle, non-impact movements.

Fitness Fusion Blend of low impact aerobics & weight bearing exercise. Focus on core-strength & rev up your metabolism.

Group Cycle Indoor cycling using special bikes for a non-impact workout. Bike shorts recommended for comfort. Bring water.

Healthy Beginnings Pre Natal Yoga Yoga Class for pre/post natal women.

Hip Hop Hustle High energy dance moves choreographed in easy to follow steps.

Hoops & Abs Designed to use hula hoops to strengthen core muscles as you move to rhythmic music.

Interval Training Working all major muscle groups using variety of equipment while integrating short bursts of cardio training.

Pilates Strengthen & tones muscles, improves posture, provides flexibility and balance, unites body and mind.

Senior Strength Can be done seated or standing. Uses light dumbbells & resistance bands to increase muscular strength.

Senior Stretch & Tone Can be done seated or standing. Basic stretching & toning exercises for any fitness level.

Shallow Water Aerobics using resistance of water in the pool. Muscular strength, endurance & flexibility follow aerobics.

Step Low impact aerobic moves keeping one foot on the floor at all times. Strength, endurance & flexibility follow aerobics.

Tai Chi Learn the ancient art of balance and coordination to improve overall fitness

TurboKick Cardio kickboxing class that combines fusion of hip hop and kickboxing choreography.

Water Circuit Workout in pool using stations to increase strength and cardiovascular health.

Yoga Postures combined with breathing techniques help Increase flexibility, range of motion & improve muscle tone.

Beginner Yoga & Gentle Yoga- Easy stretching and introduction to basic poses

Beginner/Intermediate Yoga- Introduction to flowing sequence of postures and continued practice of basic poses.

Fitness Yoga- Modern approach to yoga poses emphasizing a cardiovascular health and strengthening poses

Intermediate Yoga- Challenging class for the experienced. Fast pace and advanced poses.

Zumba! A Latin-inspired, low-impact/cardio class with easy to follow steps.

** Classes with an asterick are appropriate for someone new to Group Exercise or someone in The Coach Approach System. Classes and instructors are subject to change without notice.*