

Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

East Lake Family YMCA

404-373-6561

ely.ymcaatlanta.org

July 2010

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 these classes or THE COACH APPROACH-An Exercise Support Process®, please contact the Wellness Department

1 = Beginner, 2 = Intermediate, 3 = Advance Classes

	<u>Time</u>	<u>Class</u>	<u>Level</u>	<u>Instructor</u>	<u>Location</u>
MON.	8:00-9:00	★Senior Water	1	Mr. Ted	Lagoon
	9:00-10:00	★Senior Water	1	Mr. Ted	Lagoon
	9:15-10:15	★Fit and Firm	1-2	Monique	Studio
	9:15-10:30	Flow Yoga	2	Lisa B.	Heritage Room
	10:25-11:00	*Senior Strengthen	1	Danielle	Multi-purpose
	10:45-11:45	★Qi Gong	1	Aviva	Meeting Room 3
	12:00-12:45PM	Pilates	2	Micki	Heritage Room
	4:00-5:00	Step to it	1	Allison	Studio
	5:05-5:55	Zone & Tone	2	Frances	Studio
	6:00-7:00	Group Cycling	3	Joseph	Heritage Room
	6:00-7:00	★Cardio Funk	1	Alethia	Studio
	6:30-7:30	★Aqua Funk	1	Patricia	Lagoon
	7:00-7:45	Advanced Step	3	Vince	Studio
	7:00-8:00	★Yoga Meditative Flow	1-3	Susan	Meeting Room 3
	7:05-8:15	Pilates	2	Micki	Heritage Room
	TUES.	6:00-7:00 AM	Group Cycling	3	Darrell
7:00-8:00		Fitness Fusion	1-2	Andrea	Studio
8:00-9:00		★Senior Aqua Jam	1	Patricia	Lagoon
9:00-10:00		★Aqua Funk	1	ELY Staff	Lagoon
9:15-10:15		Pilates	2	Julia	Heritage Room
9:30-10:30		Body Sculpting	1-2	Harmony	Studio
10:00-11:00		Chair Aerobics	1	Rae-Rae	Meeting Room 3
10:30-11:00		Toddlercize	1	Ife	Heritage Room
10:30-11:00		Splash-N-Dash	1	Brandy	Lagoon
11:10-12:00 PM		★Mommy & Me Fitness	1	Ife	Studio
4:10-5:10		20/20/20	3	Kammick	Studio
5:15-6:15		Mix It Up	1-3	Melanie	Studio
5:30-6:30		Group Cycling	3	Will	Heritage Room
6:25-7:25		Turbo Kick	1	Lisa	Studio
6:30-7:30		★Aqua Funk	1	Patricia	Lagoon
6:30-8:00		Flow Yoga	2	Lisa B.	Meeting Room 3
8:00-9:00	Step	2	Elgin	Studio	
WED.	6:00-7:00AM	Group Cycling	1-3	Claire	Heritage Room
	6:00-7:00AM	*Abs and Sculpt	1-3	Devon	Studio
	8:00-9:00	★Senior Water	1	Mr. Ted	Lagoon
	9:00-10:00	★Senior Water	1	Mr. Ted	Lagoon
	9:15-10:30	★Total Body Yoga	1-2	Michelle	Heritage Room
	9:45-10:45	★Yoga	1	Dr. Michael	Meeting Room 3
	9:45-10:45	★Power Pump	1-2	Danielle	Studio
	10:30-11:00	Aquababy	1	Ife	Lagoon
	10:45-11:30	Senior Strengthen	1	Danielle	Multi-purpose
	10:50-11:45	Qi Gong Fusion	1-2	Aviva	Studio
	11:00-11:30	Toddlercize	1	staff	Heritage Room
	11:50-12:45	Belly Dance	1-2	Aviva	Studio
	12:00-1:00PM	Pilates	2	Micki	Heritage
	5:05-6:05	Zone & Tone	2	Monique	Studio
	5:30-6:30	★Easy Yoga	1	Duriya	Meeting Room 3
	5:35-6:35	Group Cycle	3	Will	Heritage Room
	6:05-6:30	Amazing Abs	2	Monique	Studio
	6:30-7:30	★Liquid Tone	1	Felicia	Lagoon
	6:35-7:35	Advanced Step	3	Vince	Studio
	7:35-8:35	Allstar Boot Camp	1-2	Allison	Heritage Room
7:35-8:35	Zumba	1-3	Daila	Studio	

Partner With Youth...**Get your class a banner to display your support for your YMCA...See instructor for details.**

	Time	Class	Level	Instructor	Location
THURS.	7:00-8:00 AM	Fitness Fusion	1-2	Andrea	Studio
	8:00-9:00	★Aqua Jam	1	Patricia	Lagoon
	9:00-10:00	★Aquacize	1	Rae-Rae	Lagoon
	9:15-10:15	Pilates	2	Julia	Heriatage Room
	9:40-10:30	Mommy & Me Fitness	1	Ife	Studio
	4:10-5:10 PM	20/20/20	3	Kammick	Studio
	5:30-6:20	Pilates	2	Pattie	Heritage Room
	6:00-6:30	Six Pack Abs	2	Elgin	Studio
	6:25-7:25	Step Survival	3	Elgin	Studio
	6:30-7:30	Group Cycling	3	Susan T.	Heritage Room
	7:00 -8:00	Aqua Boogie	2	Stephanie	Lagoon
	7:35-8:35	★Pilates Mix	1	Andrea	Studio
FRI.	6:00-7:00 AM	Group Cycling	3	Darrell	Heritage Room
	8:00-9:00	★ Water Aerobics	1	Mr. Ted	Lagoon
	8:00-9:00	Step & Sculpt	1	Brandy	Studio
	9:00-10:00	★Water Aerobics	1	Mr. Ted	Lagoon
	9:00- 9:50	Shape & Sculpt	1-2	Andrea	Studio
	9:40-10:40	★Yoga	1	Dr. Michael	Heritage Room
	10:00 – 11:00	Zumba	1-3	Daila	Studio
	10:45-11:45	★Tai Chi	1	Dr. Michael	Meeting Room 3
	5:30 – 6:30 PM	Zumba	1	Daila	Studio
	6:35-7:35	Allstar Boot Camp	1-2	Cyrus	Studio
	7:00-8:30	★Relaxation Yoga	1	ELY Staff	Meeting Room 3
SAT.	8:15 – 9:10	Zumba	1-3	Daila	Studio
	8:30-9:30 AM	Group Cycling	3	Susan R.	Heritage Room
	9:20-10:20	★Pilates/ Yoga Mix	1	Duriya	Studio
	10:30-11:30	30/30	2	Lisa R.	Studio
	11:35-12:35 PM	★Tone It Up	1-2	Danielle	Studio
	11:00 AM – 12:00 PM	★Liquid Tone	1	Felicia	Lagoon
SUN.	12:30-1:30 PM	★Yoga	1	Kathy	Studio
	1:00-2:00	Group Cycling	3	Will/Susan	Heritage Room
	1:45-2:45	Body Sculpt	1-2	Kathy	Studio
	4:00 – 5:00	Zumba	1-3	Daila	Studio

Class Descriptions

<u>Body Sculpt-</u>	is designed to shape and tone the body without building muscular size or bulk. Body sculpt is a strength training workout that combines flexibility and cardiovascular conditioning.
<u>Zumba-</u>	is a Latin Dance-Fitness that fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Zumba participants achieve long term health benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!
<u>Cycling-</u>	is a cardiovascular group exercise class done on stationary bikes. During the class the instructor simulates rides, such as flat roads, climb hills sprint and race. Just starting? Don't worry...all levels are welcome!
<u>Water Fitness-</u>	is an activity, which raises the heart rate and breathing. Water aerobic is easier on your joints. Typical Moves to strengthen your muscle: marching, circling arms, stretching, bending knees, swining legs, jumping Jacks and jogging.
<u>Senior Water-</u>	is a therapeutic water exercise class offering a non-threatening environment and program to meet special individual needs. Those rehabilitating from injury or some surgeries find the recovery aspect of water exercise to be extremely beneficial.
<u>Yoga-</u>	This class teaches the basics of yoga by showing you how to mentally and actively let out tension using stretching, breathing and relaxation techniques.
<u>Turbo Kick-</u>	is an athletic workout consisting of strength and conditioning drills. The class also focuses on using the upper body for a variety of punches and the lower body for kicks.
<u>Pilates-</u>	is a method of exercise developed by German-born Joseph Pilates. The exercise focuses on postural Symmetry, breath control, abdominal strength, spine, pelvis, shoulders stabilization, muscular flexibility, joint mobility and strengthening through range of motion of all joints.
<u>Step Aerobics-</u>	is a form of aerobics that involves rapid stepping patterns, performed to music with cues given by an instructor.
<u>Hip-Hop Dance-</u>	is dance styles (street dance, new dance and break dance) which these moves are danced to hip hop music.
<u>Belly Dancing-</u>	a dance from the Middle East performed by using controlled movements of the hips and stomach.
<u>Tai Chi-</u>	is an internal style of Chinese Martial Art, which focuses on the use of our vital power through slow, relaxed and continuous motion of the body.
<u>Qi Gong-</u>	is the task of learning to control the flow of Qi through your body by using breathing, movement and meditation.
<u>Sr. Strengthen-</u>	a low impact chair aerobics class that combines a number of upper body movements, stretching and breathing exercises with an instructor.

Partner With Youth...Get your class a banner to display your support for your YMCA...See instructor for details.