



East Lake Family YMCA
 275 East Lake Blvd.
 Atlanta, GA 30317
 (404) 373-6561



FEBRUARY LAND EXERCISE SCHEDULE

	<u>Time</u>	<u>Class</u>	<u>Level</u>	<u>Instructor</u>	<u>Location</u>
MON.	9:15-10:15	★Fit and Firm	1-2	Lisa S.	Studio
	9:15-10:30	★Flow Yoga	1-2	Lisa B.	Meeting Rm 3
	9:30-10:30	Mid-Morning Cycling	1-2	Barbie	Cycling Studio
	9:30-10:30	Pilates	2	Micki	Heritage Rm
	10:35-11:20	★Senior Strengthen	1	Elfreda	Multi-purpose
	10:35-11:05	Little Maestro	1	Sherrie	Heritage Rm
	10:45-11:45	★Qi Gong	1	Aviva	Meeting Rm 3
	4:00-5:00 PM	★Step to it	1	Allison	Studio
	5:05-5:55	Zone & Tone	2	Frances	Studio
	6:00-7:00	Group Cycling	3	Joseph	Cycling Studio
	6:00-7:00	★Cardio Funk	1	Alethia	Studio
	6:00-7:00	★Beginners Walking	1	Meta	Multi-Purpose Rm
	7:00-7:45	Step Interval	2	Monique	Studio
	7:00-8:00	Pilates	2	Micki	Heritage Rm
7:00-8:15	★Yoga Meditative Flow	1-3	Susan M.	Meeting Rm 3	
TUES.	6:00-7:00 AM	Group Cycling	3	Darrell	Cycling Studio
	7:00-8:00	Fitness Fusion	1-2	Elfreda	Studio
	9:15-10:15	Pilates	2	Elle	Heritage Rm
	9:30-10:30	★Body Sculpting	1	Harmony	Studio
	10:00-11:00	★Chair Aerobics	1	Rae-Rae	Multi-Purpose
	10:30-11:00	Toddlercize	1	Ife	Heritage Rm
	11:10-12:00 PM	★Mommy & Me Fitness	1	Ife	Studio
	4:10-5:10	Step 3	3	Kammick	Studio
	5:15-6:15	★Zumba	1-3	Jamie	Studio
	5:30-6:30	Group Cycling	3	Will	Cycling Studio
	6:25-7:25	Turbo Kick	1-2	Melonie	Studio
	6:30-8:00	★Flow Yoga	1-2	Lisa B.	Meeting Rm 3
8:00-9:00	Step	2	Elgin	Studio	

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 at 404-370-5637.

	<u>Time</u>	<u>Class</u>	<u>Level</u>	<u>Instructor</u>	<u>Location</u>
WED.	6:00-7:00AM	★Abs and Sculpt	1-3	Lisa	Studio
	8:00-9:00	★Walking W/Arthritis	1	Meta	Multi-Purpose Rm
	9:15-10:30	★Total Body Yoga	1-2	Michelle	Heritage Rm
	9:30-10:30	★Gentle Yoga	1	Lisa B	Meeting Rm 3
	9:45-10:45	Mid-Morning Cycling	1-2	Barbie	Cycling Studio
	9:45-10:45	★Power Pump	1-2	Danielle	Studio
	10:45-11:30	Pilates	2	Micki	Meeting Rm 3
	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 Rm
	11:50-12:45	Belly Dance	1-2	Aviva	Studio
	5:05-6:05	Interval Training	2	Jamel	Studio
	5:30-6:30	★Easy Yoga	1	Duriya	Meeting Rm 3
	5:35-6:35	Group Cycle	3	Elfreda	Cycling Studio
	6:05-6:30	Amazing Abs	2	Jamel	Studio
	6:35-7:35	Advanced Step	3	Vince	Studio
	7:35-8:45	Allstar Boot Camp	1-2	Allison	Studio
THURS.	6:00-7:00AM	Group Cycling	1-3	Karen	Cycling Studio
	7:00-8:00 AM	Fitness Fusion	1-2	Elfreda	Studio
	9:15-10:15	Pilates	2	Julia	Heritage Rm
	9:40-10:30	Mommy & Me Fitness	1	Ife	Studio
	4:10-5:10 PM	Step 3	3	Kammick	Studio
	5:30-6:20	Pilates	2	Pattie	Heritage Rm
	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	Leslie	Cycling Studio
	7:35-8:35	★Pilates Mix	1	Elfreda	Studio
FRI.	6:00-7:00 AM	Group Cycling	3	Darrell	Cycling Studio
	8:00-9:00	★Water Aerobics	1	Mr. Ted	Lagoon
	8:00-9:00	★Step & Sculpt	1	Vince	Studio
	9:00-9:50	Shape & Sculpt	1-2	Marissa/Tina	Studio
	9:30-10:30	★Gentle Yoga	1	Lisa B	Meeting Rm 3
	9:30-10:30	Mid-Morning Cyling	1-2	Barbie/Harmony	Cycling Studio
	10:00-11:00	★World Dance Party	1	Aviva	Studio
	10:30-11:30	★Tai Chi	1	Matthew	Multi-Purpose Rm
	6:00-7:00 PM	Intermediate Walking	1-2	Meta	Multi-Purpose Rm
	6:35-7:35	Allstar Boot Camp	1-2	ELY Staff	Studio
7:00-8:30	★Relaxation Yoga	1	ELY Staff	Meeting Rm 3	
SAT.	8:15 – 9:15 AM	★Zumba	1-3	Jamie	Studio
	8:30-9:30	Group Cycling	3	Susan R.	Cycling Studio
	9:20-10:25	Yoga/Pilates Sculp	2	Duriya	Studio
	10:30-11:30	30/30	2	Lisa R.	Studio
	11:35-12:35	★Tone It Up	1-2	Danielle	Studio
	12:40-1:40	Abs/Interval Training	2-3	Jamel	Studio
SUN.	12:30-1:30 PM	Power Yoga	2	Kathy	Studio
	1:00-2:00	Group Cycling	3	Will/Susan	Cycling Studio
	1:45-2:45	Body Sculpt	1-2	Kathy	Studio

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

- This schedule is also available on our website: ely.ymcaatlanta.org.
- These classes are available for members only.
- Children ages 9-12 years may take coach approach classes if accompanied by an adult, but are excluded from group cycling.
- You can give a child the opportunity to learn, play and grow at the YMCA by donating to the Partner With Youth annual sustaining campaign, see membership for details.



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FEBRUARY WATER AEROBICS SCHEDULE

	<u>Time</u>	<u>Class</u>	<u>Level</u>	<u>Instructor</u>	<u>Location</u>
MON.	8:00-9:00 AM	★Senior Water	1	Mr. Ted	Lagoon
	9:00-10:00	★Senior Water	1	Mr. Ted	Lagoon
	6:30-7:30 PM	★Aqua Funk	1	Patricia	Lagoon
TUES.	8:00-9:00 AM	★Senior Aqua Jam	1	Patricia	Lagoon
	9:00-10:00	★Aqua Jam	1	ELY Staff	Lagoon
	6:30-7:30 PM	★Aqua Funk	1	Leslie	Lagoon
WED.	8:00-9:00 AM	★Senior Water	1	Mr. Ted	Lagoon
	9:00-10:00	★Senior Water	1	Mr. Ted	Lagoon
	10:30-11:00	Aquababy	1	Ife	Lagoon
	6:30-7:30 PM	★Liquid Tone	1	Felicia	Lagoon
THURS.	8:00-9:00 AM	★Senior Aqua Jam	1	Patricia	Lagoon
	9:00-10:00	★Aqua Jam	1	ELY Staff	Lagoon
	7:00-8:00 PM	★Aqua Boogie	1	Stephanie	Lagoon
FRI.	8:00-9:00 AM	★Senior Water	1	Mr. Ted	Lagoon
	9:00-10:00	★Senior Water	1	Mr. Ted	Lagoon
SAT.	11:00-12:00 PM	★Water Aerobics	1	Leslie	Lagoon

1 = Beginner

- This schedule is also available on our website: ely.ymcaatlanta.org.
- These classes are available for members only.
- You can give one child the opportunity to learn water safety and improve confidence through one session of swim lessons by donating to the Partner With Youth annual sustaining campaign, see membership for details.

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