



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Robert D. Fowler Family YMCA
770-246-9622
ymcapass.com

February 2012

Group Exercise Schedule

Spinathon/Zumbathon

Feb 25

	Time	Class	Instructor	Location
MONDAY				
	5:20 –6:00	XFIT	Bob	Activities Room
	5:30-5:45	Abs	Shelby	Aerobic Room
	5:45- 6:45	Body Pump	Shelby	Aerobic Room
	6:00-7:00	Master Swim	Mark	Pool
	6:15-7:15	10-K Run	Jim	YMCA Lobby
	9:00-10:00	★Water Aerobics	Charly	Pool
	9:00-10:00	Bodypump	Maureen/Elissa	Aerobic Room
	9:15-10:15	Group Cycling	Shelby	Cycling Room
	10:30-11:30	Inside Walking	Linda	Track
	10:30-11:45	Step & Sculpt	Laraine	Aerobic Room
	2:00-3:00	★Gentle Chair Yoga	Lin	Senior Center
	6:00-7:00	Groove Cycling	Irene	Cycling Room
	6:00-7:00	Body Pump	Margaret	Aerobic room
	7:15-8:30	Yoga	Kay Rice	Aerobic Room
TUESDAY				
	5:15-6:15	Group Cycling**	Shelby	Cycling Room
	6:00-7:00	★Piloga	Jaynie/Carrie	Aerobic room
	6:15-7:10	Group Cycling**	Shelby	Cycling Room
	8:30 -9:30	★ Walking Class	Debbie	Front Corridor
	9:00-10:00	Group Cycling	Irene	Cycling Room
	9:00-10:00	★Water Aerobics		Pool
	9:45-11:00	Abs/Body Sculpt	Teri	Activities Room
Sign up required	9:30-10:45	Yoga-Intermediate/ Advanced **	Ranjana	Aerobic Room
	11:00-12:00	★Active Senior Aerobics	Gina	Aerobic Room
	11:00-12:00	Core Conditioning	Laraine	Activities Room
	12:15-1:15	★Tai Chi	Paula	Aerobic Room
	6:00-7:00	★Beginner Group Cycling	Lisa DH /Maureen	Cycling Room
	6:00-7:00	Kickboxing / Abs	Renee	Aerobic Room
	6:30-7:30	★Water Aerobics	Ann Marie	Pool
	6:45-7:45	★Beginner Pilates	Charly	Activities Room
	7:00- 8:00	Zumba		Aerobic Room
WEDNESDAY				
	5:20 – 6:00	XFIT	Bob	Activities Room
	5:15- 6:15	BodyPump	Elissa	Aerobic Room
	5:30-5:50	★Interval Run		NHS Track
	6:00- 7:00	Group Cycling	Bob	Cycling Room
	6:00-7:00	Master Swim	Mark	Pool
	6:15-6:30	Totally Abs	Elissa	Aerobic Room
	7:45-8:45	★Water Walking	Susan	Pool
	8:35-9:35	★Zumba	Julie	Aerobic Room
	9:30-10:45	★Yoga Basics	Carrie	Senior Center
	9:45-10:45	Bodypump	Carol	Aerobic Room
	9:45 –10:45	Pilates-intermediate	Dominique	Activities Room
	9:45 –10:45	Group Cycling	Ghazaleh	Cycling Room
	11:00-12:00	Beginning Zumba	Dominique	Aerobic Room
	2:00-2:45	★Senior Chair Exercise	Louise /Donna	Senior Center
	6:00-7:00	Group Cycling	Irene	Cycling room
	6:00- 7:00	Bodypump	Lisa DH	Aerobic Room
	7:15- 8:30	Yoga-intermediate	Cindy	Aerobic Room
THURSDAY				
	5:15-6:10	Group Cycling **	Shelby	Cycling Room
	6:00- 7:00	★Piloga	Jaynie/Carrie	Aerobic Room
	6:15-7:10	Group Cycling **	Shelby	Cycling Room
	8:30-9:30	★Zumba	Karen	Aerobic Room
	9:00-10:00	★Water Aerobics		Pool
	9:30-10:45	Abs/Body Sculpt	Star	Activities Room
Sign up required	9:30-10:45	★Yoga **	Ranjana	Aerobic Room
	9:45-10:45	★Group cycling	Michelle	Cycling Room
	11:00-12:00	★Senior Interval Training	Julie	Aerobic Room
	11:00- 12:00	Core Conditioning	Laraine	Activities Room
	6:00-7:00	Group Cycling	Maureen	Cycling Room
	6:00-7:00	Total Body Conditioning	Renee	Aerobic Room
	6:30-7:30	★Water Aerobics	Mildred	Pool
	7:00 – 8:00	★Zumba		Aerobic Room

FRIDAY

5:20 -6:00	XFIT	Bob	Activities Room
5:30-5:45	★Totally Abs	Shelby	Aerobic Room
5:45-6:45	BodyPump	Shelby	Aerobic Room
6:00-7:00	Master Swim	Mark	Pool
6:15-7:15	10-K Run		YMCA Lobby
8:15 - 9:00	★Aquatics Stretching	Louise	Pool
8:45- 9:30	Total Body Conditioning	Shelby	Activities Room
9:00-10:00	★Water Aerobics	Louise	Pool
9:00-10:00	Bodypump	Maureen	Aerobic Room
9:30-10:15	Total Body Conditioning	Shelby	Activities Room
10:00-11:00	Group Cycling No class 2/25	Laraine	Cycling Room
10:30-11:45	★Gentle Yoga with Meditation	Lin	Aerobic Room
12:00-1:00	★Zumba	Joie	Aerobic Room

SATURDAY

**Spinathon
Zumbathon
Silent Auction
FEB 25**

8:05-9:05	Bodypump	Carol	Aerobic Room
8:15- 9:15	Group Cycling No Class 2/25	Irene	Cycling Room
9:00-10:00	Water Aerobics	Jan	Pool
9:10-10:10	Bodypump No Class 2/25	Margaret	Aerobic Room
9:20 – 10:20	Pilates In Activities room 2/25	Carol	Aerobic Room
10:15-10:50	Step Express No class 2/25	Lisa DH	Aerobic Room
11:00-12:15	★Yoga No class 2/25	Carrie	Aerobic Room
12:30-1:30	Zumba No class 2/25	Star/Enhicis/Julie	Aerobic Room

SUNDAY

1:10- 2:10	★Zumba	Enhicis/ Star	Aerobic Room
2:15-3:30	★Yoga	Cindy/ Lin	Aerobic Room
3:45 -4:45	Bodypump	Elissa / Maureen	Aerobic Room
5:00 -6:00	Group Cycling	Maureen/ Irene	Cycling Room

Class Descriptions

Abs & Back - Concentrates on the abdominal muscles with an added emphasis on the opposing muscles in the lower back.

Boot Camp - A 60 minute military inspired class with cardio drills. Held outside. Bring water & towel.

Body Pump-The original barbell class to choreographed music. No steps, no dancing. Pure strength training put to motivational music.

Body Sculpting - Works your muscles from head to toe using light weights and other resistance equipment.

Core Conditioning - An abs /back workout using various exercises and poses to strengthen your core.

Group Cycling -This class uses a unique stationary bike in a "group" environment. Water bottles & towels highly recommended! (*Certain classes require reservations.*)

Line Dancing- A fun, easy way to work out and learn new dance steps.

Pilates - A class dedicated to increasing strength through your core muscles in your abdominal wall and back

Piloga - A combination of yoga and Pilates.

Senior Adults Aerobics - A modified cardiovascular workout for those seniors who have a more active lifestyle

Step - A great cardiovascular workout using an adjustable platform.

Stretch and Flex With a Kick - Less impact than our regular Water Aerobic class, but still a great cardiovascular workout.

Tai Chi - Uses slow, fluid motions for a great mind/body connection.

Total Body Conditioning- A 30 minute workout with cardio & weight training moves designed to keep your heart rate high. Modeled after the Xfit program.

X Fit - INTENSE, constantly varied, full body training using functional exercises and a combination of weightlifting, gymnastic movements, running and jumping drills. High energy music. Intended to raise one's anaerobic threshold.

Walk Reebok - Walking outdoors 2 - 4 miles, depending on individual's exercise level. When there is inclement weather, the walk is moved inside the YMCA.

Water Aerobics - A cardiovascular workout with the added resistance of water. Gentle on your joints and easily adaptable to your level of fitness making it the perfect class for ALL fitness levels.

Yoga - Encourages flexibility, range of motion and stress relief.

Zumba - An aerobic class utilizing Latin American dance moves and music.

Children aged 9 – 12 yrs may take classes if accompanied by an adult, with the exception of Cycling and BodyPump.

Childcare Hours:

Mon-Thurs, 8:30-1:15, 4:00-8:30pm

Friday, 8:30-1:15, 4:00-7:00pm

Sat. 8:00-1:00pm

Sun. 2:00-4:00pm

(★)These Classes utilize **THE COACH**

APPROACH- An Exercise Support Process, appropriate for those new to exercise. For additional information please contact Curtis Winston at curtisw@ymcaatlanta.org