

**THE COACH APPROACH®** is an exercise support system that is free with your facility membership. A Wellness Coach will assist you in creating and reaching short-and long-term goals. Specific Group Fitness classes, both land and water, have been identified as **THE COACH APPROACH®** (CA) friendly formats. These designated classes are perfect for the new or returning exerciser looking to turn their goals into reality. If you have any questions regarding **THE COACH APPROACH®**, call Billy Bonaparte at 770-663-3521 or Melita Lawson, 770-663-3548

## Description of Group Fitness Classes, Land & Water - Look for CA on the schedule

### LAND CLASSES

**BODY SCULPT** - A class designed to tone, strengthen and stretch all major muscle groups. Instructors teach proper form and technique and use hand weights, body bars and other resistance equipment.

**BOOT CAMP/ KICK BOX** - Varying levels of intense activity in this fast paced class.

**CARDIO PUMP** - A fast-paced variable intensity cardiovascular conditioning class.

**CARDIO EXPRESS** - Intense elements of Cardio combining sculpt .

**CARDIO SCULPT** - This class offers a variety of cardio such as Hi/Lo, Kick/Box, Step, Cycle followed by sculpt session.

**COMBO** - Offers a combination of cardiovascular and strength activity including step, hi/lo aerobics and body sculpting.

**CYCLING** - A variable intensity, indoor cycling class. This exciting program utilizes motivation, sports psychology and tested cycling techniques.

**ENDURANCE CYCLE**- Combining Intervals and long segments to maximize your ride.

**50/50**-A 30 minute cycle class followed by 30 minutes of muscular strength, flexibility, endurance and core work.

**SENIOR STRETCH AND TONE** - A 45 minute class designed specifically for Seniors encompassing gentle moves to promote stability, toning and stretching. Using a Chair or Stability Ball as your base.

**INTERVAL** - A high and low intensity class with a combination of cardio, sculpting and conditioning moves.

**Kick Box**- A high energy class, utilizing, gloves, sparing, kicks!!!!

**PILATES** - A series of controlled movements that engage the mind and body while developing strong, toned & flexible muscles. The emphasis is on proper breathing, leaving participants feeling refreshed.

**PIYO**- Pilates/Yoga-Invigorating & injury preventive, this class combines the wonders of Pilates and Yoga.

**POWER CORE**- An intense focus on strengthening the abdominal muscles with unique technique.

**POWER YOGA** - A fast-moving class designed to promote power, strength and flexibility.

**RESIST-A-BALL TRAINING™** - The Resist-A-Ball™ tones, improves balance and coordination, increases muscular endurance, and facilitates weight training and weight loss efforts.

**RUNNING CLUB-FIRST STRIDERS**- An introduction to the basic fundamentals of running. Beginners Welcome.

**Running Club- Next Striders**- Improve your pace and distance and get ready to move onto the Milers, if you wish.

**RUNNING CLUB-THE MILERS**- All fitness levels with a concentration on preparation for races including 5K, 6K, half marathon, marathon. Run 3 - 5 mile course.

**SAMBA AFRO LATIN**- Dance to the upbeat African, salsa based music and enjoy an invigorating fitness experience.

**SCULPT/STRETCH-CA** Designed for individuals just beginning to workout or preferring a moderate paced workout. Utilizes a variety of equipment.

**SPORTS CONDITIONING** - A variety of formats used to enhance athletic performance including aerobic conditioning, muscular strength and core stability.

**STARTER CYCLING** - A moderate intensity cycling class focusing on bike setup and technique.

**STEP**- An Aerobic class incorporating moves around the stepStep .

**SUPER STEP** - A moderate to high intensity step class, including

intermediate to advanced choreography.

**Step/Sculpt**-A combination of step workout and body sculpting.

**YOGA** - A gentle flexibility training class using mind-body techniques for relaxation and rejuvenation.

**ZUMBA**- An exciting class incorporating invigorating music and moves providing you with a unique fitness workout experience!!!

**ZUMBA FOR KIDS**- An exciting class incorporating fun dance moves designed for children ages 8-15years.

### WATER CLASSES

● **PRENATAL WATER COMBO** - This class offers a moderate aerobic workout with a strengthening segment. Some parts of this class are held in the deep water. Comfort in deep water is a must. **Attendees do not have to be pregnant to participate.**

**SENIOR WATER FITNESS** - A moderate aerobic segment, upper and lower body exercises utilizing various equipment. Extended warm-down phase for extra flexibility and stretching perfect for ALL ages. Swim ability preferable.

**WATER CARDIO CONDITIONING** - A high intensity, fast paced cardiovascular workout combining deep water drills and shallow water aerobics. An extended aerobic set for cardio conditioning and a strength training segment give you a super workout in the water! Participants use a wide variety of equipment. Swim ability preferable with a comfort level in deep water a must

**WATER COMBO** - An water fitness class that combines shallow and deep water segments utilizing water joggers. Swim ability is preferable and participants must have a comfort level in the deep water with a flotation device.

**WATER CYCLE (HYDRO-RIDER)** - Stainless steel cycles are used in circuit or intervals in noted classes. Water shoes/water socks required for participation.

**Cycles may only be used in classes.**

**WATER-DEEP WATER FITNESS/DRILLS** - Participants wear a water jogger flotation device during this variable intensity deep water workout. It utilizes large range of motion movements, drills, sprints and more. The workout can include use of various types of resistance or other equipment. Swim ability preferable and comfort level in the deep water is a must.

● **WATER-FIBRO FIT WATER** - A moderate aerobic program designed for persons with fibromyalgia as well as those who want an interval workout. This class may help improve stamina and muscle strength. It may also relieve pain and stiffness. Most of this class is held in the deep water, see above deep water description.

**WATER FITNESS** - A variable intensity cardiovascular workout with a strength training segment. This format utilizes a variety of water fitness tools, including hand buoys, noodles, water gloves, water wrist weights, floats and kick-boards. Swim ability preferable.

**WATER PILATES & YOGA**-Pilates & Yoga moves are modified to effectively use the properties of the water to strengthen the powerhouse, elongate and strengthen muscles and improve posture. Focus is on core muscle stability. Comfort level in deep water a must.

● **WATER STRETCH & FLEX** - Ongoing classes for adults of all ages, members or program members, seeking to improve or enhance flexibility, strength, range of motion, balance and endurance. Ideal for those suffering from Arthritis

**WATER 20/20** - 20 minutes of Cardio conditioning/20 minutes of Pilates and Yoga

● **INDICATES-OPEN TO PROGRAM MEMBERS**

**All Group Fitness Classes are free to YMCA members. Children ages 9-12 may attend all classes with a parent or guardian with the exception of body pump, Group Cycling and Resist a Ball.**