



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

McCleskey-East Cobb YMCA -- Main Studio (upper-level)

Schedule begins Jan. 9, 2012 and is subject to change. Studios are air-conditioned for your comfort. Please dress appropriately. If you are susceptible to cool temperatures, please bring a jacket. As a courtesy to all participants, please arrive to class on time.

KEY:

♥ Class is appropriate for members new to Group Exercise and/or participating in THE COACH APPROACH.

♥♥ Very gentle class.

MONDAY	Class	Instructor	Location
8:30AM-9:25AM	Body Sculpt ♥	Linda	Main Studio
9:30AM-10:25AM	Zumba	Karan	Main Studio
10:30AM-11:25AM	Low-Impact Aerobics ♥♥	Diane	Main Studio
11:30AM-12:25PM	Stretch For Life ♥♥	Diane	Main Studio
5:30PM-6:25PM	Step	Teri S.	Main Studio
6:30PM-7:25PM	Yoga ♥	Pam	Main Studio
7:30PM-8:25PM	Zumba ♥	Susyn	Main Studio
TUESDAY	Class	Instructor	Location
6:00AM-7:00AM	Body Sculpt ♥	Patty	Main Studio
8:30AM-9:25AM	Body Sculpt ♥	Karan	Main Studio
9:30AM-10:25AM	Zumba ♥	Jeri	Main Studio
10:30AM-11:45AM	Yoga	Kahlil	Main Studio
5:30PM-6:25PM	Body Sculpt ♥	Teri S.	Main Studio
6:30PM-7:25PM	Zumba ♥	Christy	Main Studio
WEDNESDAY	Class	Instructor	Location
8:30AM-9:25AM	Mat Pilates ♥	Brooke/Linda	Main Studio
9:30AM-10:25AM	Step N Sculpt	Teri S.	Main Studio
10:30AM-11:25AM	Low-Impact Aerobics	Diane	Main Studio
11:30AM-12:25PM	Stretch For Life ♥♥	Diane	Main Studio
5:30PM-6:25PM	Step	Sue	Main Studio
6:30PM-7:25PM	Zumba ♥	Sheila	Main Studio
7:30PM-8:25PM	Yoga ♥	Wendy	Main Studio
THURSDAY	Class	Instructor	Location
6:00AM-6:55AM	Body Sculpt ♥	Jamie	Main Studio
8:30AM-9:25AM	Body Sculpt ♥	Traci	Main Studio
9:30AM-10:25AM	Zumba ♥	Omega	Main Studio
10:30AM-11:45AM	Yoga ♥	Pam	Main Studio
5:30PM-6:25PM	Body Sculpt ♥	Dianna R.	Main Studio
6:30PM-7:25PM	Zumba ♥	Christy	Main Studio
FRIDAY	Class	Instructor	Location
8:30AM-9:25AM	Step N Sculpt	Dianna N.	Main Studio
9:30AM-10:25AM	Zumba ♥	Jeri	Main Studio
10:30AM-11:25AM	Body Sculpt ♥	Jeri	Main Studio
11:30AM-12:25PM	Yoga Stretch	Arvind	Main Studio
6:30PM-7:25PM	Zumba ♥	Liz	Main Studio

SATURDAY	Class	Instructor	Location
8:30AM-9:25AM	Step	Teri S.	Main Studio
9:30AM-10:25AM	Body Sculpt ♥	Traci	Main Studio
11:00AM-11:55AM	Zumba ♥	Jennifer P.	Main Studio
12:00PM-1:15PM	Yoga ♥	Jana/Carolyn	Main Studio
SUNDAY	Class	Instructor	Location
1:30PM-2:25PM	Step N Sculpt	Sue	Main Studio
2:30PM-3:25PM	Zumba ♥	Sheila/Christy	Main Studio

CLASS DESCRIPTIONS

BODY SCULPT

Classic workout that tones and strengthens the entire body. Various types of equipment may be used to target all major muscle groups. For all fitness levels.

LOW-IMPACT AEROBICS

A variable-intensity cardio workout choreographed to music. Class emphasizes low-impact moves. Benefits include overall cardiovascular conditioning. Upper body conditioning and abdominal work follow the cardio portion of the class. Perfect for all levels.

MAT PILATES

A system of stretching and strengthening exercises that will help improve posture, strength, flexibility and body awareness. The ultimate spirit, mind, and body workout incorporating isometric exercises with flexibility and mat work. Bring a mat if you have one.

STEP

A cardiovascular workout consisting of choreographed combinations on and around the classic step platform.

STEP N SCULPT

This combo class integrates step with strength training. A great workout with fun music and energetic choreography.

STRETCH FOR LIFE

A stretching class combining muscular flexibility and joint mobility to increase the body's ease of movement and sense of wellness. Perfect for all fitness levels.

YOGA

Increase flexibility and strength. Focuses on posture and the development of balance and alignment. Complete with restorative postures for relaxation and meditation to integrate the experience and enhance well-being. Perfect for all levels. Bring a mat if you have one.

YOGA STRETCH

A gentle stretching class combining Yoga movements to increase muscular flexibility and joint mobility for ease of movement and sense of wellness. Perfect for all fitness levels.

ZUMBA

It's the rage! A fusion of Merengue, Salsa, Funk and fun. High energy, easy choreography, an all-around hip-shakin' workout!

McCleskey-East Cobb YMCA

1055 East Piedmont Road, Marietta, GA 30062
P 770 977 5991 **F** 770 578 2800 www.ymcapass.com

For more information, please contact: Lorna Loh
LornaL@ymcaatlanta.org

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