

Group Exercise Schedule

pcy.ymcaatlanta.org

Take Note...Group Exercise Class Etiquette

The YMCA has set these guidelines for participation in *all* group exercise classes. We appreciate your cooperation.

General—Applies to ALL Classes

- Arrive in enough time to set up your equipment and be prepared when class begins.
- Stay for the duration of the class. Warm up and cool down are an important component of any class.
- Once any class has begun there will be no forfeiture of equipment or Cycle.
- Inform your instructor of any injuries, pregnancy or special needs. Ask for the Pregnancy Info Flyer.
- Avoid jewelry that can get caught on equipment/mat, jewelry that can create noise.
- Avoid the use of perfume or heavily scented soap or hair spray.
- Wear the appropriate attire/shoes for the class.
- Bring a water bottle. Bring a towel to wipe down equipment during and after use.
- Turn off or silence cell phones, pagers during class time.
- Return all equipment used in class to appropriate bins, storage areas and hooks. Roll Yoga mats to store on shelves.
- Set aside any damaged or unusable equipment and inform your instructor.
- This is your time...enjoy it.

CLASS DESCRIPTIONS:

AQUA FIT-Working major muscle groups using water weights, resistance bells, bands, aqua belts and paddles.

AQUA GOLD- Fun for senior citizens. Have fun with the exercises, stretches and games.

ADVANCE AQUA SCULPT-A muscle sculpting class that will tone and shape your body, improve flexibility and mobility of the joints using water weights and bands.

AQUA TONER-Tone the body by using various water equipment.

AQUA MIXER-This class has it all: You will sculpt, stretch and tone your body using all of the water toys while enjoying a fun cardio workout at the same time.

BODY SCULPT - A class designed to tone and strengthen the body.

BOSU-Both sides up balance trainer. A great core workout that strengthens your whole body and improves balance.

CARDIO CLASSES- A power packed class of cardio fun. The class may include multiple format types...anything goes!

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 athletic training program utilizes motivation, sports psychology and tested cycling techniques. Cycles may only be used during class.

CARDIO FUNK/DANCE- a progressive urban style cardio rhythm class, high energy but low impact workout

H2O BODY MAX-High intensity cardiovascular workout combining deep water drills and shallow water aerobics along with strength training. Paddles, weights and more will be used. Swimming ability is preferred.

INTRO. TO AQUA SCULPT- Sculpt the body in the water using a variety of water equipment.

KARDIO KIDS - Fun, high energy and dynamic describe this physical activity class for kids ages 5-10. The goal is to engage youth in fitness related activities and games that encourage the importance of exercise.

KICKBOXING-Kick your way into a dynamic self defense workout using a quick combination of punches, bobs, weaves and intense cardio/boxing shuffling.

LOSING YOUR NOODLE-A whole class of noodle exercises! Good for rehabilitation, fibromyalgia or someone getting started in a fitness program.

MOMMY AND ME-Ages 2-5 work out with Mom OR DAD! Age appropriate fun time to music.

PILATES- A series of controlled movements that engage the mind and body while developing strong, flexible muscles, without building bulk. The smooth, dance-like motions place emphasis on proper breathing, leaving participants feeling refreshed.

POWER UP AQUATICS-Advance class, deep water comfort is recommended. Improve stamina and strength by using water equipment such as paddles and weights.

SIMPLY CORE —Concentrates on the abdominal muscles with added emphasis on the opposing muscles in the lower back.

SIX PACK SHARK ATTACK- 45 minute class focusing on abdominal exercises in the water to improve core strength. Intermediate to advance class—deep water comfort recommended.

STEP- An aerobic class incorporating usage of an adjustable platform.

STEP/SCULPT-Designed for individuals preferring a moderate paced workout consisting of a combination of step and sculpting techniques. Utilizes a variety of equipment.

TURBOKICK-KICKBOXING-A fun, kickboxing class choreographed to upbeat music. You will love this challenging class!

WATER WARRIORS-Deep and shallow water exercises working a large range of motion incorporating stretches, kickboxing, shadow boxing and core development. Fast pace and hard core!

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

ZUMBA-A cardio dance class like nothing you have ever experienced before! Latin and hip hop music to Latin based dance steps such as Cumbia, Murengue, Salsa and more...

CHECK OUT THE SCHEDULE ON THE WEB AT pcy.ymcaatlanta.org

If you have questions about the schedule, contact Tracy Heimerl at 678-880-3507