

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

**G. Cecil Pruett Community Center Family YMCA**

Peggy Donaldson – Aquatics/Wellness Director

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# March

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>MON.</b>	6:00-7:00 AM	Group Cycling	Becci	Cycle Studio
	8:30-9:30	★Yoga	Tracy	Teen Center
	9:00-10:00	Intermediate/Advance H2O	Colleen	Pool
	9:00-10:00	Cardio & Sculpt	Irene	Large Studio
	10:00-11:00	★Beginner H2O Aerobics	Colleen	Pool
	10:00-11:00	Dance Fusion	Tracy	Large Studio
	11:00-11:30	Power Strength	Tracy(Heavier weights, less reps)	Large Studio
	11:30-12:30PM	★Yoga/Pilates Combo	Beth	Large Studio
	4:15-5:30	Kids in Sports	TBD	Gym
	4:15-5:15	Turbokick(30) & Sculpt(30)	Judy	Large Studio
	5:45-6:45	Zumba	Debbie	Large Studio
	6:00-7:00	Group Cycling	Lucy	Cycle Studio
	6:30-7:30	★Beginner H2O Aerobics	Dawn	Pool
	7:00-8:00 PM	★Yoga	Lynne	Large Studio
	<b>TUE.</b>	5:45-6:45AM	20/20/20	Brandie(20 cardio/20 strength/20 abs)
8:30-9:30AM		Group Cycling	Tina	Cycle Studio
9:15-10:15		Power Pump	Tracy/Irene	Large Studio
9:00-10:00		Intermediate./Advance H2O	Colleen	Pool
10:15-11:15		Zumba	Tracy	Large Studio
10:00-11:00		Beginner H2O Aerobics	Darryl	Pool
11:15-12:15 PM		★Athletic Core\Pilates	Gina	Large Studio
1:00-1:45		★Aqua Gold	Brenda	Pool
4:00-5:00		★Yoga	Stacey	Large Studio
6:00-7:00		Group Cycling	Gina	Cycle Studio
6:00-6:55		20(Cardio)20(Sculpt)20(abs)	Karen/Lisa	Large Studio
6:30-7:30		★Beginner H2O Aerobics	Angie/Colleen	Pool
7:00-7:55		★Pilates	Karen/Lisa	Large Studio
<b>WED.</b>	6:00-7:00 AM	Group Cycling	Becci	Cycle Studio
	8:30-9:30	★Pilates	Tracy	Teen Center
	9:00-10:00	Intermediate/Advance H2O	Angie	Pool
	9:15-10:15	Group Cycling	Wendy	Cycle Studio
	9:15-10:15	Total Body Conditioning	April (High Intensity drills)	Large Studio
	10:15-11:15	Cardio Kickboxing	April	Large Studio
	10:00-11:00	★Beginner Water Aerobics	Angie	Pool
	11:15-12:15PM	★Yoga	Lynne	Teen Center
	11:15-12:15	★Zumba Gold/Beginner	Barbara	Large Studio
	4:15-5:15	Group Cycling	Lucy	Cycle Studio
	6:00-7:00	Boot Camp	Brandie	Large Studio
	6:30-7:30	★Beginner H2O Aerobics	Dawn	Pool
	7:00-8:00	★Yoga	Lynne	Large 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 more information about these classes or THE COACH APPROACH-An Exercise Support Process®, please contact Tracy Heimerl.

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>THURS.</b>	5:45-6:45	20/20/20	Becci(20 cardio/20 strength/20 abs)	Large Studio
	9:00-10:00	Intermediate/Advance H2O	Gina	Pool
	9:00-10:00	Boot Camp	Tracy(High intensity drills)	Large Studio
	10:00-11:00	Intermediate/Advance H2O	Gina	Pool
	10:00-10:30	Zumba Xpress	Cynthia	Large Studio
	10:30-11:30	★Pilates	Tina	Large Studio
	10:30-11:00	Mommy & Me	Kerry	Gym
	11:30-12:30 PM	Power Pump	Tracy	Large Studio
	1:00-1:45	★Aqua Gold	Brenda	Pool
	4:15-5:15	★Pilates	Irene	Large Studio
	4:15-5:30	Kids in Action (Boot Camp)	TBD	Gym
	6:00-7:00	Group Cycling	Gina	Cycle Studio
	6:00-6:55	Power Step	Debbie	Large Studio
	7:00-8:00	Zumba	Debbie	Large Studio
<b>FRI.</b>	6:00-7:00 AM	Cycling & Treadmill Circuit	Becci	Cycle Studio
	8:30-9:30	Group Cycling	Tina	Cycle Studio
	8:30-9:00	★Pilates Xpress	Tracy	Teen Center
	9:00-10:00	★Yoga	Tracy	Teen Center
	9:00-10:00	Full Body Strength	April	Large Studio
	9:30-10:30	★Beginner H2O Aerobics	Brandie	Pool
	10:00-11:15	Step Interval	Irene (high intensity intervals)	Large Studio
	11:15-12:15PM	★Pilates	Irene	Large Studio
	4:30-5:30	Zumba & Toning	Barbara	Large Studio
	5:30-6:30 PM	★Pilates	Lucy/Win	Large Studio
	<b>SAT.</b>	9:00-10:00 AM	★Beginner H2O Aerobics	Becci/Colleen/Colleen/Colleen
9:15-10:15		Group Cycling	Tina/Tina/Brandie/Brandie	Cycle Studio
10:00-10:55		Zumba	Debbie/Angie/Debbie/Angie	Large Studio
11:00-12:00		★Pilates	Colleen	Large Studio
<b>SUN.</b>	1:15 – 2:15 PM	Zumba	Lucy/Barbara/Barbara/Lucy	Large Studio
	1:30-2:30 PM	Group Cycling	Spring/Brandie/Brandie/Spring	Cycle Studio
	2:30- 3:30 PM	★Yoga	Pam	Large Studio

\*Aqua Gold/Beginner,Intermediate,Advanced H2O Classes: Water aerobics classes that will give you a great cardio workout with less impact on the body since the water provides a natural girdle around the bodies using a lot of energy and burning a bunch of calories!

\*BootCamp: A high energy, high intensity class filled with a variety of interval drills, strength conditioning drills, agility drills and core work. A challenging, high fat burning workout. This class is for any fitness level. You will set your own intensity.

\*Cardio & Sculpt: Interval training switching from step aerobics to sculpting exercises. A creative class that keeps you guessing as to what's next. Fun for everyone!

\*Dance Fusion: This class has it all; Dance, Kickboxing drills and Power/Plyometric moves. It's a fun, challenging workout to motivating music (pop, hip hop, rock, 50s, Latin to name a few) that will burn a lot of calories while strengthening the body and working the abs.

\*Full Body Strength: Using barbells, hand weights, body bars and more working all the major muscles to strengthen the body.

\*Group Cycling: A cycle class with motivating music where you set your own intensity and cadence. Go at your own fitness level. A high intensity, high fat burning, interval class. Group cycling is for everyone – beginner to advanced.

\*Kids In Motion: Join Coach Steve in the gym for a fun filled workout just for kids, ages 5-12!

\*Mommy and Me: 1-5 year olds participate in a class with Mom or Dad. Social interaction with other children along with working out with a parent. It's a fun, social class for the little ones.

\*Pilates: A great abdominal workout while strengthening and stretching the entire body. Low stress on the body.

\*Power Pump: A class similar to the popular BodyPump style. You will work a particular muscle group per song, fatiguing the muscles to produce more lean muscle mass. A great strength conditioning class using hand weights, body bars, tubing, balls and more!

\*Power Step: A fun, challenging, high energy, high intensity step class.

\*Step & Sculpt: Using a raised platform, stepping to music. A wonderful cardio workout combined with weights to sculpt the body.

\*Total Body Conditioning: High intensity drills followed by lower intensity drills for active recovery. A high energy, interval, high fat burning class. Beginners to Advanced – set your own pace and build up to the full drills.

\*Turbokick: A fun, energizing kickboxing class to popular, motivating music.

\*Yoga: Stretching and strengthening the body while rejuvenating and relaxing the mind, body and spirit. Focusing on slow, deep relaxing breath control techniques.

Yoga Dance: Yoga for everyone – easy on the body, flowing through the yoga poses with gentle breath control. Light stretching for the body.

\*Zumba: A dance class to Latin music and Latin dance steps such as the Salsa, Merengue, Cumbia and more!

\*Zumba Gold: Beginner Zumba class, slower paced to learn the dance steps.