



GROUP EXERCISE – February 2012

Canton Y

	Time	Class	Instructor	Location
MONDAY	6:00-7:00 AM	★Group Cycling	Becci	Cycle Studio
	9:00-9:30	NEW! H2O Weightloss	Beth	Pool
	9:30-10:00	NEW! H2O Yoga Stretch	Beth	Pool
	9:00-9:55	20/20/20	Irene	Large Studio
	10:00-11:00	★Interm/Advanced H2O Aerobics	Beth	Pool
	10:00-10:55	★Dance Fusion	Jen K	Large Studio
	11:00-12:00	R.I.P.P.E.D.	Cynthia	Large Studio
	11:30-12:30 PM	★Cycle	Gina	Cycle Studio
	4:15-5:15	KIDS IN MOTION	Jeanne	GYM
	4:15-5:00	NEW! Step/Dance Express	Stacey	Large Studio
	5:00-5:55	Complex Training	Brian	Large Studio
	6:00-6:55	★Zumba	Debbie	Large Studio
	6:00-7:00	Group Cycling	Lucy	Cycle Studio
6:30-7:30	★Beginner H2O Aerobics	Stacey	Pool	
7:00-7:55 PM	★Yoga	Lynne	Large Studio	
TUESDAY	5:45-6:45 AM	20/20/20	Katie	Large Studio
	8:30-9:30	★Group Cycling	Tina	Cycle Studio
	9:00-9:55	Power Strength	Irene	Large Studio
	9:00-10:00	Intermediate/Advance H2O	Wendy S	Pool
	10:00-10:30	★Zumba Express	Susan	Large Studio
	10:30-11:25	★Sculpt & Cardio Intervals	Gina	Large Studio
	11:30-12:30 PM	★Yoga and Pilates	Beth	Large Studio
	1:00-1:45	Aqua Gold	Brenda	Pool
	4:15-5:15	★Yoga	Lynne	Large Studio
	4:30-5:30	NEW!★Triathlon Training (see class descript)	Spring	Track/Cycle RM/Pool
6:00-7:00	★20/20/20(Cardio/Sculpt/Abs)	Tina	Large Studio	
6:00-7:00	Water Aerobics	Mine	Pool	
7:00-7:55	★Pilates	Tina	Large Studio	
WEDNESDAY	6:00-7:00 AM	★Group Cycling	Becci	Cycle Studio
	8:30-9:25	Pilates	Irene	Large Studio
	9:00-10:00	Intermediate/Advance H2O	Stacey	Pool
	9:30-10:30	★Group Cycling	Wendy S	Cycle Studio
	9:30-10:25	Total Body Conditioning	April	Large Studio
	10:30-11:25	Step/Abs/Flow	April	Large Studio
	10:00-11:00	★Beginner Water Aerobics	Stacey	Pool
	11:30-12:30 PM	★Yoga	Lynne	Teen Center
	11:30-12:30	★Zumba Gold/Beginner	Barb	Large Studio
	4:30-5:30	★Zumba	Lucy	Large Studio
	4:30-5:00	ZUMBATOMIC-kids Fitness(Kindgarten-8 yrs)	Faith	Teen Center
	5:00-5:30	ZUMBATOMIC (ages 9-12yrs old)	Faith	Teen Center
	5:30-6:30	Complex Training	Brian	Large Studio
6:00-7:00	Group Cycling	Irene	Cycle Studio	
6:30-7:30	★Beginner H2O Aerobics	Wendy S	Pool	
7:00-8:00	★Yoga	Lynne	Large Studio	

TRX is HERE! Register NOW!! **TRX is a healthy, low cost way to shake up your work outs!**

*Any class with a star next to it, is a class that is appropriate for someone new to Group Exercise or anyone in THE COACH APPROACH® program.

REMINDER:

~NO PAID Programs will run during the wk of school break but all Group Ex classes will~

Peggy Donaldson- Aquat/Wellness Dir: 678-880-3513
 Irene Smith- Group Ex Coordinator: 678-880-3705
 pcy.ymcaatlanta.org : 770-345-9622

	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
	5:45-6:45 AM	20/20/20	Becci	Large Studio
	8:30-9:30	RIPPED	Cynthia	Large Studio
	9:00-10:00	Intermediate/Advance H2O	Wendy/Gina	Pool
	9:30-10:00	★Zumba Express	Cynthia	Large Studio
	10:00-11:00	Intermediate/Advance H2O	Gina	Pool
	10:00-10:55	★Pilates	Tina	Large Studio
THURSDAY	10:00-10:30	NEW! Mommy & Lil Me(ages0-2y)	Kerry	Gym
	10:45-11:15	NEW! Mommy & Big Me(ages3&up)	Kerry	Gym
	11:00-12:00	★Power Strength	Tiffany	Large Studio
	1:00-1:45	Aqua Gold	Brenda	Pool
	4:30-5:30 New	Yoga Sweat	Stacey	Large Studio
	4:30-5:30 Times	KIDS IN MOTION	Tina	GYM
	5:30-6:30	NEW!! Turbo Kick	Win	Large Studio
	6:00-7:00	Group Cycling	Wendy S	Cycle Studio
	6:00-7:00	★Water Aerobics	Mine	Pool
	6:30-7:00	NEW!! Exp Strength	Debbie	Large Studio
	7:00-7:55	Zumba	Debbie	Large Studio
	6:00-7:00 AM	Cycling & Treadmill Circuit	Becci	Cycle Studio
	8:30-9:30	★Group Cycling	Tina	Cycle Studio
	8:30-9:25	Pilates	Irene	Large Studio
FRIDAY	9:30-10:25	Full Body Strength	April	Large Studio
	9:30-10:30	★ TGIF Aqua	Beth	Pool
	10:30-11:25	High Energy Step (high intensity interval drills)	April	Large Studio
	11:30-12:30 PM	Mat Pilates	Brandie	Large Studio
	4:30-5:30	★Zumba	Barb	Large Studio
	5:30-6:30	Full Body BOSU	Brandie	Large Studio
	9:00-10:00 AM	★Beginner H2O Aerobics	Mine/Wendy S	Pool
SATURDAY	9:15-10:15	Group Cycling	Irene/Tina	Cycle Studio
	9:15-10:15	Complex Training	Brian	Large Studio
	10:15-11:15	★Zumba	Barb/Debbie	Large Studio
	11:15-12:15	★Pilates & Toning	Susan	Large Studio
Sunday	1:15-2:15	Zumba	Barb/Lucy	Lg Studio
	2:15-3:15	New Time ★Cycle	Brandie/Tiffany	Cycle Studio

***20/20/20**: 20 minutes of strength, 20 minutes of cardio & 20 minutes of abs-segmented in some classes or all worked simultaneously.

***Aqua Gold/Beg,Interm&Adv 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! **TGIF**-will include some of the above but also *may include zumba & water hip hop to loosen you up for the weekend!* **Water Weight Loss-Designed to increase metabolism w/intense cardio (i.e.swim sprints)to energetic music. Yoga/Stretch**-water yoga & deeper stretching to loosen up & lengthen out your muscles, strengthen core & improve flexibility.

***RIPPED**: Experience this "plateau proof fitness formula" workout using resistance & cardio training which combines the **Resistance, Interval, Power, Plyometrics, Endurance & Diet** components of **RIPPED** to help you attain & maintain your physique in ways that are fun, safe & doable

***Cardio Core Conditioning**: Focusing on strengthening the core with quicker movements and light weights.

***Sculpt & Cardio Intervals**: Timed cardio intervals using Plyometrics to elevate heart rate then alternating with bouts of sculpting using heavier weights, body weight & the weighted/body bar. A great fat blasting workout that can increase your metabolism!

***Dance Fusion**: This class has it all: Dance, Kickboxing drills & 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& 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 our Coaches in the gym for a fun filled workout just for kids, ages 5-12!

***Mommy and Me**: 0-5 year olds participate in a class with Mom or Dad. Social interaction with other children along with working out with a parent. **Lil Me** is for ages 0-2yrs& **Big Me** for 3-5yrs. It's a fun, social class for the little & Big ones.

***Pilates**: A great core & balance workout while strengthening, toning & stretching the **entire** body. Low stress on the body & mind.

***Power Strength/Sculpt**: You will work all muscle groups during the class, striving to fatigue the muscles to produce more lean muscle mass. A great strength conditioning class using hand weights, body bars, body weight, tubing, balls, BOSU's & more!

***High Energy Step**: A fun, challenging, high energy step class incorporating high intensity cardio drills.

***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.

***Step/Abs/Flow**: A fun, energetic class with approx. 30 min of Step for your cardio, then a 20 min Abs segment, rounded out with 10 min of some Yoga/stretching leaving you ready to tackle the rest of your day.

***Yoga**: Traditional - Stretching and strengthening the body while rejuvenating and relaxing the mind, body and spirit. Focusing on slow, deep relaxing breath control techniques. **Strength Yoga** (more sweating) & **Yoga Fusion**-a blend of Yoga & Pilates.

***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 make learning the dance steps friendly for new dancers-young or mature.

Complex Training**: Class designed to challenge the Intermediate to Advanced level Member & excellent for Athletes & cross training for Triathletes looking to take their fitness to the next level. Format will incorporate a mix of intense weight training w/plyometric drills & core conditioning.Due to the nature & intensity of this class, if you cannot be there w/in 5 min of class start, please take another class instead. This will help ensure the best experience & safety for all members in attendance.**

Full Body BOSU Wk Out: Cardio & sculpt portions of the class involve strengthening your core, working on balance & stability, toning all muscle groups, including your heart & lungs, utilizing the BOSUs, stability ball, free weights & body weight. It's Fun & Effective!

Tri Training: This class is perfect for either the beginner or advanced Tri Athlete. Classes will vary drills in the following modalities to help you get ready for your **1st ever** or **next** Triathlon event. **1st wk-run/cycle 2nd-cycle/swim 3rd-cycle/run 4th-run/cycle/swim.**

ZUMBATOMIC-Kids specific Latin Dance class in which they learn basic steps in a fun, positive learning environment. For kids in Kindergarten through age 12. Please wear athletic shoes, bring a water bottle & use the restroom BEFORE you come to class.