



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

J. M. Tull-Gwinnett Family YMCA
2985 Sugarloaf Pkwy
Lawrenceville, GA 30045
770-963-1313 • tgy.ymcaatlanta.org

COME TRY POOL-LATES ON WED 6:45 PM

FEBRUARY 2012

Group Exercise Schedule

&& Boot Camp outdoors on soccer fields, weather permitting

| MON | Time | Class | Instructor | Location |
|---------------|---------------------------------|-------------------------------------|-------------------|-----------------|
| | 6:00-7:00 am | Boot Camp | John | Studio |
| | 9:15-10:15 am | ★Aqua Aerobics | Tiffany F/Andee | Pool |
| | 9:25-10:20 am | 1,3,5 Kickbox/2nd & 4th Boot camp&& | Karen | Studio or Field |
| | 10:15-11:00 am | ★Twinges | Andee | Pool |
| | 10:25-11:20 am | ★Align & Define | Stephanie | Studio |
| | NO OUTDOOR AQUA ZUMBA TIL MAY!! | | | |
| | 11:30 am-12:10 pm | ★L.I.F.E. Water | Andee | Pool |
| | 12:15 -1:00 pm | ★Twinges | Rae | Pool |
| | 5:30-6:25 pm | ★ Pilates | Rhonda | Studio |
| | 6:30-7:25 pm | ★Zumba® | Sandee | Studio |
| | 6:45-7:45 pm | ★Aqua Aerobics | Jamie | Pool |
| | 7:30-8:30 pm | ★Yoga | Terri | Studio |
| TUE | | | | |
| | 8:00-9:00 am | Group Cycling | Rhonda | Studio |
| | 9:15-10:15 am | ★Aqua Aerobics | Barb | Pool |
| | 9:25-10:25 am | Step/Abs | Stephanie | Studio |
| | 10:30-11:25 am | ★Yoga | Sandee | Studio |
| | 11:30am-12:30pm | ★Zumba® Gold | Sandee | Studio |
| | 11:45am-12:45pm | ★AQUA CHI | Kathie | Pool |
| | 4:30-5:25 pm | ★Zumba® | Tiffany S. | Studio |
| | 5:30-6:25 pm | ★Basic Step | Wendy | Studio |
| | 6:30-7:25 pm | Step | Samantha | Studio |
| | 6:45-7:45 pm | ★Aqua Boot Camp Boogie | Carol | Pool |
| | 7:30-8:30 pm | Group Cycling | John | Studio |
| WED | | | | |
| | 6:00-7:00 am | Group Cycling | John | Studio |
| | 8:00-9:00 am | ★Pilates | Rhonda | Studio |
| | 9:15-10:15 am | ★Aqua Aerobics | Rae | Pool |
| | 9:25-10:25 am | Hi/Low Fusion | Sandee | Studio |
| | 10:15-11:00 am | ★Twinges | Rae | Pool |
| | 10:30-11:15 am | ★L.I.F.E. Land | Tiffany F | Studio |
| | 11:30 am-12:10 pm | ★L.I.F.E. Water | Carol | Pool |
| | 11:30 am-12:30 pm | ★Tai Chi | Kathie | Studio |
| | 12:15-1:00 pm | ★Twinges | Rae | Pool |
| | 5:30-6:15 pm | ★ Circuit Strength | Bruce | Studio |
| | 6:15-6:45 pm | ★Core Conditioning | Bruce | Studio |
| TRY ME | 6:45-7:45 pm | ★Pool-Lates | Tiffany F. | Pool |
| | 6:50 -7:50 pm | ★Zumba ® | Lenae | Studio |
| THURS | | | | |
| | 8:00-9:00 am | Group Cycling | Kathy | Studio |
| | 9:05-10:05 am | Interval Step | Kathy | Studio |
| | 9:15-10:15 am | ★Aqua Aerobics | Barb | Pool |
| | 10:30-11:25 am | ★Yoga | Sandee | Studio |
| | 11:45 am -12:45 pm | ★Aqua Zumba® | Sandee | Pool |
| | 5:30-6:25 pm | Group Cycling | John | Studio |
| | 6:30-7:25 pm | Interval Step | Adora | Studio |
| | 6:45-7:45 pm | ★Aqua Aerobics | Brenda | Pool |
| | 7:30-8:30 pm | ★Yoga | Margaret | Studio |

FRI

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|-------------------|-----------------------|------------------|--------|
| 6:00-7:00 am | ★Yoga/Pilates | Laurie | Studio |
| 8:00-9:00 am | ★Aqua Zumba® | Sandee | Pool |
| 9:15-10:15 am | ★Aqua-Deep Water | Tiffany F | Pool |
| 9:25-10:25 am | ★Zumba ® | Sandee | Studio |
| 10:15-11:00 am | ★Twinges | Barb | Pool |
| 10:30-11:15 am | ★Basic Step/Yoga Lite | Sandee | Studio |
| 11:30 am-12:10 pm | ★L.I.F.E. Water | Barb | Pool |
| 12:15-1:00 pm | ★Twinges | Rae | Pool |
| 4:30-5:25 pm | ★Zumba® | Andrea/Tiffany S | Studio |
| 6:00-7:00 pm | ★Line Dancing | Donna | Studio |

SAT

| | | | |
|-----------------------------------|---------------------|----------------|--------|
| 8:05-9:00 am | Group Cycling | Karen/Eric | Studio |
| 8:15-9:15 am | ★Splash Dance Party | Carol | Pool |
| 9:05-10:00 am | Step | Samantha/Annie | Studio |
| NO OUTDOOR AQUA ZUMBA UNTIL MAY!! | | | |
| 10:05-11:00 am | ★Align & Define | Kathy/Laurie | Studio |
| 11:05 am-12:00 pm | ★Zumba ® | Sandee | Studio |
| 12:05-1:00 pm | ★Yoga | Rotation | Studio |

SUN

| | | | |
|--------------|---------------|-----------------|--------|
| 1:15-2:10 pm | Group Cycling | John/Bruce | Studio |
| 2:15-3:10 pm | Boot Camp | Bruce/Tiffany F | Studio |
| 3:15-4:10 pm | ★Yoga | Rotation | Studio |
| 4:15-5:15 pm | ★Zumba ® | Lenae | Studio |
| 4:45-5:45 pm | ★Aqua Zumba® | Kathy M/Janet | Pool |

CLASS DESCRIPTIONS

Align & Define - a conditioning workout using weights, medicine balls, Resist-a-Balls, Body Bars, Gliding Disks and exertubes to build strength and endurance in the whole body. Abdominals and stretching exercises are included.

Aqua Boot camp Boogie - a high intensity aqua class using a variety of techniques to keep you motivated and moving.

Aqua Chi – a new class which adapts the ancient and proven principles of Tai Chi into the water environment. Improves balance, posture and core strength.

Aqua Splash Dance – a fun high intensity aqua class combining regular aqua aerobic moves with dance moves to get your heart pumping.

Aqua Zumba® – A new Latin-inspired dance fitness class - Zumba party in the POOL. Aqua shoes recommended.

Basic Step – Designed for the beginner or those who prefer simplified choreography on the step platform.

Boot camp – A cross-training challenge that intertwines athletic drills, hi-lo movements, cardio kickboxing, strength and core conditioning.

Circuit and Core Conditioning – A strength and conditioning workout that is similar to Align and Define utilizing body weight, stability balls, body bars, tubing, medicine balls and MORE. This will be followed by a 20-30 minute Core Conditioning workout.

Hi/Low Fusion - combines intervals of high/low impact and strengthening exercises.

Group Cycling - a cardiovascular workout on stationary bikes. This class has simulated hills, flat roads, and drills set to music.

Interval Step – Involves alternating short bursts of step activity segments with strength work segments.

Kickboxing - Cardio workout involving martial arts upper body moves and lower body stances with kicks.

L.I.F.E. (land & water) – Low Impact and Flexibility for Everybody. (low intensity movements performed in the Group Exercise Studio or in the pool)

Line Dancing - country, Latin disco, etc....lines will be taught. The instructor breaks it down into easy steps.

Pilates - a method of body conditioning which uses a unique system of stretching and strengthening exercises targeting the core muscles (abs & back) utilizing movements developed by Joseph Pilates.

Pool-Lates: The Pilates method of core conditioning exercises adapted to the water.

Step - a high intensity workout done while stepping up and down on a platform.

Tai Chi - A new class utilizing ancient principles of chi movement to improve balance, posture and core strength.

Twinges – help improve joint flexibility and muscle strength with the aid of the water's buoyancy and resistance.

Yoga & Yoga Lite - free your spirit, calm your mind, stretch your body. Yoga will do this and more.

Zumba®/Zumba® Gold – A FUN way to dance your way to a fitter you...exciting and unique Latin and international moves and rhythms. Gold is a less intense version for the active older adult or true beginning exerciser.

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 additional information about these classes or THE COACH APPROACH-An Exercise Support Process®, contact Rhonda Tingle at 770-513-5953 or rhondat@ymcaatlanta.org.