

GROUP EXERCISE™

We build strong kids, strong families, strong communities.

The Villages at Carver Family YMCA

404-635-9622

vcy.ymcaatlanta.org

July

	TIME	CLASS	INSTRUCTOR	LOCATION
MON	5:45-6:45 AM	Boot Camp	Wesley	Studio
	9:00-10:00	★Water Aerobics	Eloise	Pool
	9:15-10:05	★Senior Fitness	Danielle	Activity Room 1
	5:00-5:30 PM	★ Abs Only	Monique	Studio
	5:35-6:25	★Body Sculpt	Monique	Studio
	6:15-7:15	Group Cycling	Jameelah	Activity Room 2
	6:30-7:20	Step Challenge	Cedric	Studio
	7:15-8:15	★Water Aerobics	Altheia	Pool
	7:30-8:30	★Yoga	Jameelah	Studio
TUE	5:45-6:45 AM	Step n Sculpt	Jameelah	Studio
	9:20-10:20	★ Cardio Combo	Jameelah	Studio
	10:15-11:15	★Senior Chair Aerobics	Danielle	Activity Room 1
	4:45- 5:35 PM	★Belly Dance	Cheryl	Studio
	5:40-6:40	Intermediate Body Sculpt	Jameelah	Studio
	6:30-7:30	Group Cycling	Cedric	Activity Room 2
	6:45-7:35	★ Zumba Funk	Altheia	Studio
	7:00-8:00	★Water Aerobics	Eloise	Pool
	7:35-8:25	★Fitness Pilates	Jameelah	Studio
WED	5:45-6:45 AM	Group Cycling	Darrell	Activity Room 2
	9:10-10:10	★ Cardio Combo	Monique	Studio
	10:15-11:15	★Senior Water Aerobics	Rae-Rae	Pool
	11:20-12:20	★Senior Fitness	Rae-Rae	Activity Room 1
	5:00-5:30 PM	★ Abs Only	Cedric	Studio
	5:35-6:25	Step Challenge	Cedric	Studio
	6:30-7:30	Kick n Sculpt	Tina	Studio
	7:35-8:30	★Body Sculpt	Jameelah	Studio
THUR	5:45-6:45 AM	Group Cycling	Jameelah	Activity Room 2
	9:10-10:10	★ 20/20/20	Monique	Studio
	10:15- 11:15	★Belly Dance	Cheryl	Studio
	10:20-11:20	★Senior Chair Aerobics	Danielle	Activity Room 1
	5:00-5:30 PM	★ Abs Only	Jameelah & Staff	Studio
	*5:35-6:35	Intermediate Body Sculpt	Jameelah	Studio
	6:45-7:35	★Zumba	Raymond	Studio
	6:45-7:35	Group Cycling	Jameelah	Activity Room 2
	7:40-8:35	Advance Step	Vince	Studio
	7:40-8:35	★Fitness Pilates	Jameelah	Activity Room 2
FRI	6:00-7:00 PM	★Body Sculpt	Altheia	Studio
	7:00-7:50	Hip-Hop	Star	Studio
SAT	9:05-10:05 AM	Step Survival	Cedric	Studio
	10:00-11:00	Group Cycling	Darrell	Activity Room 2
SUN	2:05-3:35 PM	Step n Sculpt	Cedric	Studio
	3:05-4:30	Group Cycling	Jameelah	Activity Room 2
	3:40-4:40	★ Cardio Funk	Tina	Studio

Any class with a ★ next to it is appropriate for someone new to Group Exercise or anyone in THE COACH APPROACH®

For additional information please contact Jameelah at 404-488-8507. Note: *Schedule and instructors may rotate without prior notice.*

Class Descriptions

Abs Only- an intense, gut busting 30 minute muscular workout for the abdominal area.

Arthritis Aerobics - this class focuses on increasing range of motion in the joints.

Body Sculpting - a class using hand weights and bands, focusing on toning all muscles groups.

Cardio Combo - an hour long class with varying levels of intensity. Format uses aerobic drills such as jumping rope, running, step, etc.

Cardio Funk - a high energy, rhythmic workout that incorporates high and low impact dance moves.

Cardio Kick - a cardio workout combining boxing skills and techniques with aerobic conditioning.

Cardio Sculpt - a low impact cardio workout that tones and sculpts with hand weights, bands, etc.

Creative Cardio/Dance - an upbeat aerobics class that combines cardiovascular and toning exercises for a total body workout.

Cross Training - an interval workout that combines step, some kickboxing and upper/lower body conditioning.

Cycle - a 45 to 60 minute indoor cycling program that offers a challenge for the body and mind.

Fitness Pilates - a combination of Pilates with traditional fitness elements focusing on strengthening the abdominals, lower back, and buttocks.

Fitness Yoga - a non-purist yoga class designed to work the mind and body with strengthening, conditioning, and flexibility work.

Hip-Hop - One of our Favorites! Fun dance moves with Choreography.

Kick n Sculpt - total body workout incorporating weights and body bars with a kickboxing twist.

Step Challenge - an intense step aerobics workout involving some challenging choreography and combinations.

Step Survival - an intense step aerobics workout involving some challenging choreography and combinations.

Step n Sculpt - this cross-training class provides a 35-minute cardiovascular workout followed by 35 minutes of resistance training.

Water Aerobics - an aerobic workout done in the water.

20/20/20 - designed to work your entire body using 20 min intervals of cardio training, weight training, & abdominal work .

Senior Fitness - a low impact aerobics class that combines a number of stretching and breathing exercises to music that soothes the soul.

Senior Chair Aerobics - a low impact chair aerobics class that combines a number of upper body movements.

Zumba- combines Latin and international music in dance routines featuring aerobic and fitness interval training.

Please note that all classes must have at least **6 members to attend to keep the class on the monthly schedule.*



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