



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

ATHENS-MCMINN FAMILY YMCA
FALL 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am	AIT Fred (60 min)	COACH BY COLOR Jackie (50 min)	AIT Fred (60 min)	COACH BY COLOR Jackie (50 min)	AIT Fred (60 min)	
6:00am	TOTAL BODY Whitney (50 min)	CYCLE Joe (50 min)	TOTAL BODY Whitney (50 min)	CYCLE Joe (50 min)	TOTAL BODY Whitney (50 min)	
8:00am			CYCLE Becky (50 min)		CYCLE Becky (50 min)	
8:15am						COACH BY COLOR Whitney (30 min)
9:00am		PILATES Sheila (50 min)		PILATES Sheila (50 min)		YOGA Brad (50 min)
9:15am	ENHANCE/ GO FIT Jamie (50 min)	Y-BARRE Jamie (50 min)	ENHANCE/ GO FIT Jamie (50 min)	Y-BARRE Jamie (50 min)	ENHANCE/ GO FIT Jamie (50 min)	
	PEDALING4 PARKINSON'S Julie (45 min)		PEDALING4 PARKINSON'S Julie (45 min)		PEDALING4 PARKINSON'S Julie (45 min)	
10:00am		ZUMBA GOLD Jean (50 min)	ZUMBA GOLD TONING Jean (50 min)	ZUMBA GOLD Jean (50 min)		ZUMBA Di (50 min)
12:00pm	XPRESS FIT Dustin (30 min)	CYCLE Julie (30 min)	XPRESS FIT Dustin (30 min)	CYCLE Julie (30 min)		
4:00pm	KIDS ZUMBA Maggie (50 min)					
5:30pm	YOGA Nancy (50 min)	BARRE ABOVE Leslie (50 min)	YOGA Nancy (50 min)	BARRE ABOVE Leslie (50 min)		FACILITY HOURS Monday – Friday 5:00am – 9:00pm Saturday 8:00am – 5:00pm Sunday 1:00pm – 5:00pm CHILD WATCH HOURS Monday – Friday: 8am – 11am & 4pm – 8pm Saturday: 8am – 11am
	STEP Denise (50 min)	HIIT Kathy (50 min)	STEP Denise (50 min)	HIIT Kathy (50 min)		
		ZUMBA 5:45 Di (50 min)		ZUMBA 5:45 Di (50 min)		
6:00pm					ZUMBA Di	
6:30pm	ZUMBA Carmen	CORE Michelle	ZUMBA Carmen	CORE Michelle		

LOCATION KEY:

MAYFIELD ROOM
GYM
KIWANIS 1 & 2
KIWANIS YOUTH CENTER (Downstairs)

Director of Health & Wellness
Julie Mayfield
julie@athensmcminnymca.org

CLASS DESCRIPTIONS ON BACK

GROUP EXERCISE CLASS DESCRIPTIONS

AIT	(Advanced Interval Training) This boot camp style class combines intense intervals of cardiovascular exercises and strength work that will test your limits. The perfect mix of participant challenge and instructor motivation creates a dynamic workout.
Barre Above®	Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into amazing shape. Grip socks and ankle/knee-length pants are suggested.
Coach By Color	A cycling-based power program that combines accurate zonal training with stimulating color to help coach a member's effort during the workout.
Core	Core is a strength and flexibility workout using your shoulders, torso, and hips. It is important to keep your core strong as it is the foundation of the body!
Cycling	Cardio workout to music on specially designed stationary bicycles. Workout towel & water suggested.
GO Fit	This chair-based fitness class includes using seated and standing exercises. Strongly suggested for seniors, participants recovering from an injury, or post-rehab. Strength, flexibility and balance are major focuses.
HIIT	A strength and cardio full-body workout using a variety of equipment and exercises to add muscle, endurance and torch calories. A high intensity class for the avid exerciser or those who want a challenge.
Kids Zumba	Kid-friendly routines based on original Zumba choreography. We break down the steps, add games, activities and culture exploration into the class structure.
Pedaling 4 Parkinson's	This program is designed to improve the quality of life of Parkinson's patients and their caregivers. It also educates patients, caregivers, and the public on the benefits of maintaining an active lifestyle after a diagnosis.
Pilates	An innovative system of mind-body mat exercises to help improve balance, posture, and flexibility. We provide mats but, you are more than welcome to bring your own.
Total Body, Cardio & Strength	Offers head-to-toe training with a focus on cardio, weight training and core while mixing in speed and agility, flexibility and balance.
Xpress Fit	High-intensity, strength-based workouts for those limited on time. A variety of movements and equipment pieces will be utilized.
Y-Barre	Includes components of pilates, yoga, and ballet. Grip socks and ankle/knee-length pants are suggested.
Yoga	A practice of energy-giving exercises that will strengthen your spirit, mind and body. Yoga not only improves flexibility, strength, posture, and balance but, can also relieve stress and sharpen your internal focus. We provide mats but feel free to bring your own if you would like.
ZUMBA	This class fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away!
ZUMBA Gold	Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity

