

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

REVISED 01/15/18

4:15 AM		Functional Fitness with Matt		Functional Fitness with Matt	
5:00 AM	Spinning with Julie	Body Pump with Amelia	Step Challenge with Cheryl	Body Pump with Amelia	Spinning with Julie
	Step Challenge with Amelia	Spinning with Richard	Spinning with Julie	Spinning with Richard	Kick & Tone with Cheryl
6:00 AM	Spinning with Richard	Barre with Ursula	Spinning with Richard	Barre with Ursula	Spinning with Richard
7:00 AM					
8:20 AM	Yoga with Bharti	Yoga with Kathleen	Yoga with Bharti	Yoga with Kathleen	Yoga with Bharti
8:30 AM	Spinning with Shaye	Spinning with Liza	Spinning with Shaye	Spinning with Liza	Insanity with Jen
	Boot Camp with Rose		Boot Camp with Rose		
	Water Aerobics with Evonne		Water Aerobics with Evonne		Water Aerobics with Shaye
9:20 AM	Power Pump with Evonne	Bootcamp Kick with Shaye	Power Pump with Evonne	Bootcamp Kick with Shaye	Power Pump with Evonne
10:00 AM		TRX/Circuit with Evonne		TRX/Circuit with Evonne	9:30 AM Spinning with Arica
10:20 AM	Silver Sneakers with Bharti	Silver Sneakers with Shaye	Silver Sneakers with Bharti	Silver Sneakers with Shaye	Silver Sneakers with Bharti
11:00 AM		Water Aerobics with Evonne		Water Aerobics with Evonne	
12:10 PM	Yogalates with Shaye	TRX/Circuit with Evonne	Barre with Shaye	TRX/Circuit with Evonne	Yogalates with Shaye
4:30 PM	Boot Camp with Rose	Cardio & Tone with DeAngela	Cardio & Tone with Jen	Cardio & Tone with DeAngela	Boot Camp with Rose
					Spinning with Shaye
5:30 PM	Barre with Liza	Power Yoga with Amelia	Power Pump with Evonne	Power Yoga with Shani	Barre with Liza
	Spinning with Amelia	Spinning with Richard		Spinning with Richard	
6:00 PM	Zumba® with Christina	Zumba® with Christina		Zumba®-Mania with Kenya	
	TRX/Circuit with Reagan	TRX/Circuit with Reagan			
6:30 PM	Spinning with Jen	Spinning with Richard	Spinning with Rose	Plyometric Circuit with Rose	
	Pilates with Shani	Cardio & Core with Rose	Pilates with Shani		
7:00 PM			Boot Camp with Sherrod		
7:30 PM	Upper Body Sculpt with Rose	"The Burn" Kickboxing with Sherrod	Lower Body Sculpt with Rose	"The Burn" Kickboxing with Sherrod	

SATURDAY

7:00 AM	Body Pump with Amelia
8:20 AM	Family Yoga with Amelia
9:00 AM	Spinning with Richard
	Family Zumba® with Adrienne
9:30 AM	Kardio&Kick with Cheryl
10:15 AM	Spinning with Richard
10:30 AM	Silver Sneakers with Liza
	Family Dance Fitness with Ursula

SUNDAY

2:30 PM	Spinning with Liza/Sherrod
3:30 PM	Spinning with Jen/Sherrod

Pool

Main Studio

Spin Studio

Gym

Youth & Teen

Women's Center

Valdosta-Lowndes County Family YMCA • 229.244.4646



WINTER GROUP X (Exercise)



CLASS DESCRIPTIONS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS (AOA): Fusion of cardio, muscle strength, endurance and power for the Active Older Adult.

BODY PUMP: Get lean, build strength and tone muscle with BODYPUMP. The original barbell class that shapes, tones and strengthens your entire body.

BOOT CAMP: Get ready for fitness that addresses all areas of fitness including cardio and muscular endurance, fat loss and weight loss, full body strength, agility, balance, flexibility, and most important...fun!!

CARDIO AND TONE: Combinations of high/low cardio combined with weights....total body workout!!!

BOOT CAMP KICK: Intervals of kick combinations with bootcamp moves designed to give you an amazing workout from head to toe, focusing on form and metabolic conditioning.

FUNCTIONAL FITNESS: This class employs your body weight and simple physics to create an unlimited range of resistance and complete range of functional exercises. Get ready for some military training!

HIP HOP: This high-impact cardio workout engages the entire body and helps build muscle tone, increasing stamina & endurance while having fun!

INSANITY: For people willing to work hard, drop sweat, and ignore the voice that says "This Is Too Hard." Insanity is for you. High intensity interval training designed to touch maximum calories and take your body to new levels.

KARDIO KICK: Fusion of boxing, martial arts and aerobics usually done rhythmically to music. Offering an intense cross-training and total-body workout it utilizes the training routines used by combat athletes in martial arts, boxing and kickboxing.

KICK AND TONE: A combination of Kardio Kick and weight training. A high-energy class with strength, cardio and stabilization moves combined into one!!!!

LOWER BODY SCULPT: Designed strictly for the lower body muscles such as Gluteus, Hamstrings, Quadrilaterals and Calves! It is packed with squats, lunges and a multitude of workouts to tighten and tone the lower body! This class is good for beginners and the advanced.

PILATES: A mind-body intervention which focuses on strength, core stability, flexibility, muscle control, posture, and breathing.

PLYOMETRIC CIRCUIT: A circuit class designed for those wanting to get a high intensity workout. Plyo exercises are when the muscles exert maximum force in short intervals. This increases power and speed strength.

POWER YOGA: A Yoga class that will move from one posture into another. It will focus on muscle strength and flexibility, along with balance and endurance. The whole body will be worked as we include joint and back friendly squats, lunges, and abdominal poses.

SILVER SNEAKERS: A total body conditioning class offering exercises for the upper and lower body designed to increase muscular strength, range of movement and activities for daily living. Resistance tools and a chair for seated and standing support are used to increase the effectiveness of functional skills and abilities.

SPINNING®: Spinning is an aerobic exercise that takes place on a specially designed stationary bicycle called a Spinning Bike. Spinning brings health and fitness to every life style. If you're looking for a calorie burning, energizing, fun workout, we can help you do that!!!! Ages 16 and up.

STEP CHALLENGE: Experienced steppers wanted! Combinations of high/low step patterns are choreographed to energetic music for the ultimate aerobic experience.

TRX: Suspension training is the best workout system that leverages gravity and your body weight to perform exercises.

UPPER BODY SCULPT: A workout based strictly on the upper body muscles, such as Biceps, Triceps, Shoulders, Chest, and Back! This class is good for the beginners and the advanced!

WATER AEROBICS: Use the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity. No swimming is required in water aerobics, and flotation devices are used frequently. Water exercise helps increase your energy, stamina and strength.

YOGALATES: A fusion of Yoga and Pilates, combine core pilates exercises with the postures and breathing techniques of power yoga. This class will increase core stability and power. Help build strength and flexibility to awaken your spirit and sculpt your entire body.

ZUMBA®: ZUMBA® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout that will blow you away. ZUMBA® is for everyone at any level.

ZUMBA®-MANIA: If you can handle ZUMBA® then you can handle this. An hour and a half long class of hypnotic Latin rhythms!!

BARRE: A total mind and body transformation. Barre brings in elements of dance, ballet, functional strength, pilates and yoga to create an adrenaline-fueled workout that strengthens, lengthens and chisels the body, ensuring that no muscle is overlooked!

* AGES 12 AND UP ARE ALLOWED IN THE GROUP FITNESS ROOM AS LONG AS THEY ARE WITH THEIR PARENT AND HAVE GONE THROUGH YOUTH AND TEEN ORIENTATION
* SPINNING AGES 16 AND UP

CHILD WATCH HOURS
Mon., Tues., Thurs.: 8 AM - 1 PM & 4 PM - 8:30 PM
Wed. & Fri.: 8 AM - 1 PM & 4 PM - 7:30 PM
Saturday: 9 AM - 2 PM
Sunday: 2 PM - 5 PM

YOUTH & TEEN HOURS
Monday - Thursday: 4 PM - 8 PM
Friday: 4 PM - 7 PM
Saturday: 10 AM - 2 PM
Sunday: 2 PM - 5 PM