

REVISED 2/18/19

Valdosta-Lowndes County Family YMCA • 229.244.4646

WINTER GROUP X (Exercise)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:15 AM		Functional Fitness with Matt		Functional Fitness with Matt	
5:00 AM	Spinning with Sherrod Step Challenge with Amelia	Spinning with Richard Body Pump with Amelia	Spinning with Julie Step Challenge with Cheryl	Spinning with Richard Body Pump with Amelia	Spinning with Sherrod Kick & Tone with Cheryl
6:00 AM	Spinning with Ursula	HIIT with Mike	Spinning with DeAngela	HIIT with Mike	Spinning with Jared
7:00 AM	Yoga with Bharti		Yoga with Bharti		Yoga with Bharti
8:20 AM	Yoga with Bharti	Yoga with Kathleen	Yoga with Bharti	Yoga with Kathleen	Yoga with Bharti
8:30 AM	HIIT with Liza Water Aerobics with Tiffany	Spinning with Liza Power H2O with Jennifer	HIIT with Liza Water Aerobics with Tiffany	Spinning with Liza Power H2O with Jennifer	HIIT with Liza Water Aerobics with Jennifer
9:20 AM	Power Pump with Bharti	Bootcamp Kick with Brenda	Power Pump with Bharti	Bootcamp Kick with Brenda	Power Pump with Bharti
9:30 AM	Spinning with Jared		Spinning with Jared		Spinning with Liza
10:20 AM	Silver Sneakers with Bharti	Silver Sneakers with Shani	Silver Sneakers with Bharti	Silver Sneakers with Shani	Silver Sneakers with Bharti
10:30 AM	Boxing with Mike		Boxing with Mike		Boxing with Mike
11:20 AM		Barre with Shani		Barre with Shani	
12:10 PM	Yogalates with Greta	TRX/Circuit with Honoria	Barre with Shani Spinning with Jared	TRX/Circuit with Honoria	Yogalates with Greta
1:10 PM		Boxing with Mike		Boxing with Mike	
4:30 PM	HIIT with Rose	Cardio & Tone with Reagan	Cardio & Tone with Jen HIIT with Rose	Cardio & Tone with Reagan	Boot Camp with Rose Spinning with Liza
5:30 PM	Spinning with Amelia	Power Yoga with Amelia Spinning with Richard	Power Pump with Rose	Power Yoga with Amelia Spinning with Richard	Barre with Ursula
6:00 PM	Zumba®Nouveaux with Christina	Zumba®Nouveaux with Christina		Zumba®-Mania with Kenya	
6:30 PM	Spinning with Reagan Pilates with Shani Water Aerobics with Greta	Spinning with Taylor Cardio & Tone with Reagan	Spinning with Reagan Pilates with Shani Water Aerobics with Jennifer	Plyometric Circuit with Reagan	
7:30 PM	Upper Body Sculpt with Reagan Boxing with Mike	Boxing with Mike	Lower Body Sculpt with Reagan	Boxing with Mike	

SATURDAY

7:00 AM	Body Pump with Amelia
9:00 AM	Spinning with Richard
9:30 AM	Family Zumba® with Adrienne
9:30 AM	Kardio&Kick with Cheryl
10:15 AM	Spinning with Richard
10:45 AM	Silver Sneakers Classes
	Yoga with Liza
	Boom Move with Noelia
	Classes Alternate*

SUNDAY

2:30 PM	Spinning with Jen/Sherrod
3:30 PM	Circuit/HIIT with Jen/Sherrod

SATURDAY 12:10PM	Regimen Total (Total body Regimen) con Honoria
	Baile Para Tonificar (Dance To Tone) con Noelia
	Classes Alternate*

Pool
Main Studio
Y&T Spin Studio
Gym
HIIT Studio

Old Spin Room
Cardio Area

GROUP X CLASSES

CLASS DESCRIPTIONS

BAILE PARA TONIFICAR: Baile para tonificar el cuerpo es una clase para hacer ejercicios en grupo que incluye diferentes estilos de danzas y ritmos. El objetivo de estos ejercicios es tonificar diferentes grupos de musculos y esbeltizar el cuerpo. Esta clase es una forma divertida de hacer ejercicios intensos sin darse cuenta!" Translation: **(DANCE TO TONE):** Dance to Tone is type of group exercise class that incorporates some or many forms of dance styles & rhythms. Toning dance workouts target smaller muscle groups to tone and slenderize the body. This class is about having fun and getting a great high intensity workout without realizing that you're working out!

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, lenghtens and chisels the body, ensuring that no muscle is overlooked!

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!!

BOXING: Based on the training of professional boxers, Group X boxing is an intense cardiovascular workout utilizing repetitive motion in punching and movement to shred those calories!

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 wokout 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!

HIIT: Get ready for a type of workout that will leave you dripping in sweat and work those muscles from head to toe! High Intensity Interval Training (HIIT) calls for repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of active recovery. Designed with all fitness levels in mind, this type of training gets your heart rate up and scorches calories in less time.

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 torch 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 utilizing 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!

KICKBOXING: In this convergence of kickboxing, calisthenics & aerobics expect to kick your powerhouse into high gear! "Dynamic!" "Intense" "Muscle-burning" & "Body-sculpting" are all great testimonial words we've heard describing this class.

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! Good class for beginners as well as 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 class will increase your power and speed strength.

POWER PUMP: Get a good pump on in this fun, total-body workout which teaches proper lifting techniques using barbells & plates. This class is designed to firm, tone, strengthen & define your muscles from head to toe!

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

REGIMEN TOTAL: Un ejercicio Total donde ejercitamos el cuerpo de pies a cabeza! Haciendo cardio y tonificamos los músculos utilizando diferentes tipo de equipo el cual hará el hacer ejercicio una forma divertida al escuchar música latina con mucha energía!

(TOTAL BODY REGIMEN): A head to toe work out, where we tone all the muscles. High-energy cardio workout utilizing different types of equipment while we listen to high-energy Latin music!

SILVER SNEAKERS: A total body conditioning class offering exercises for your 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! Great class for 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.

YOGA: This mind-body practice concentrates on both your physical health & mental well-being. We use a variety of styles during class including Vinyasa flows, Hatha bodily postures (asanas), specific breathing techniques (pranayama), & meditation techniques (dyana) with the goal of bringing about a sound, balanced body & a clear, peaceful mind.

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 while building strength and flexibility to awaken your spirit and sculpt your entire body.

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

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

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

• 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

GROUP X CLASSES