

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

REVISED 9/25/19

4:15 AM		Functional Fitness with Matt		Functional Fitness with Matt	
5:00 AM	Spinning with Karla/Cameron Step Challenge with Amelia	Spinning with Richard Body Pump with Amelia	Spinning with Karla/Cameron Step Challenge with Cheryl	Spinning with Richard Body Pump with Amelia	Spinning with Karla/Cameron Kick & Tone with Cheryl
6:00 AM	Spinning with Cameron	HIIT with Mike	Spinning with Taylor	HIIT with Mike	Spinning with Jared
7:20 AM	Yoga with Ursula		Yoga with Ursula		Yoga with Ursula
8:00 AM	Water Aerobics with Jennifer	Power H2O with Tiffany	Water Aerobics with Brittany	Power H2O with Tiffany	Water Aerobics with Jennifer
8:20 AM	Yoga with Bharti	Yoga with Kathleen	Yoga with Bharti	Yoga with Kathleen	Yoga with Bharti
8:30 AM	HIIT with Liza	Spinning with Liza	HIIT with Liza	Spinning with Liza	HIIT with Liza
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 Jennifer	Silver Sneakers with Bharti	Silver Sneakers with Jennifer	Silver Sneakers with Bharti
10:30 AM	Boxing with Mike		Boxing with Mike		Boxing with Mike
11:20 AM		SHiNE Dance with Leah	SHiNE Dance with Leah	Zumba® with Brittany	
12:10 PM	Yogalates with Liza	TRX/Circuit with Honoria	Barre with Liza Spinning with Jennifer	TRX/Circuit with Honoria	Yogalates with Greta
1:10 PM		Boxing with Mike		Boxing with Mike	
4:30 PM	HIIT with Rose SHiNE Dance with Leah	Cardio & Tone with Deangela	Cardio & Tone with Jen HIIT with Rose/Liza	SHiNE Dance with Leah	Boot Camp with Rose Spinning with Liza
5:30 PM	Spinning with Amelia	Power Yoga with Amelia Spinning with Richard	Strength Train Together with Jen	Power Yoga with Amelia Spinning with Richard	
6:00 PM	Zumba® Nouveaux with Christina	Zumba® Nouveaux with Christina	Zumba® with Brittany	Zumba®-Mania with Kenya	
6:30 PM	Spinning with Karla Pilates with Shani Water Aerobics with Sherrod	Spinning with Cameron Cardio & Tone with DeAngela	Spinning with Sherrod Pilates with Shani Water Aerobics with Jennifer	Plyometric Circuit with DeAngela	
7:30 PM	Boxing with Mike	Boxing with Mike		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 with Cheryl
11:00 AM	Water Aerobics with Sherrod

SUNDAY

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

Pool

Main Studio

Y&T Spin Studio

Gym

HIIT Studio

TBD

GROUP X CLASSES

Valdosta-Lowndes County Family YMCA • 229.244.4646



FALL GROUP X (Exercise)

CLASS DESCRIPTIONS

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!

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 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!

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!

SHINE DANCE - An incredibly fun mid to high intensity Dance class that focuses on elongated muscles and toning, improved endurance, and increased confidence! Get a great workout while getting your dance on!

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.

STRENGTH TRAIN TOGETHER: Strength Train Together maximizes your workout results with 60 minutes of impactful strength training. You'll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights and body weight.

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

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