



J.A. WALTERS FAMILY YMCA

GROUP FITNESS SCHEDULE JAN '19

NEW! Family group fitness classes starting Saturdays in January. Check the weekly schedule outside Studio A. Everyone 7+ welcome.

* New Class
** New Time

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SAT
SUN

CLASS	STARTS	ENDS	INSTRUCTOR	LOCATION	FITNESS LEVEL
SUNRISE YOGA	6:00 AM	7:00 AM	STEFANIE	STUDIO A	ALL
POWER MUSCLE	8:45 AM	9:45 AM	JENNIFER	STUDIO A	ALL
AQUA AEROBICS	9:00 AM	10:00 AM	DOUG	POOL	BEGIN./INTER.
**CIRCUIT INTERVAL	9:55 AM	10:55 AM	JENNIFER	STUDIO A	ADV./ INTER.
**FLEXIBILITY & MOBILITY	11:00 AM	11:45 AM	DONNA	STUDIO C	ALL
PILATES & BARRE	12:00 PM	1:00 PM	HOLLI	STUDIO C	ALL
ZUMBA	4:30 PM	5:30 PM	NATALIE	STUDIO A	ALL
*AQUA ZUMBA	5:00 PM	5:45 PM	Q	POOL	ALL
**BOOT CAMP	5:40 PM	6:40 PM	JAN	STUDIO A	ADVANCED
ALL TERRAIN RIDE	5:30 PM	6:30 PM	BETH	CYCLING STUDIO	ALL
WOMEN ON WEIGHTS	5:30 PM	6:30 PM	GERMAN	WELLNESS FLOOR	ALL
KIDS CLUB MAKE 'EM MOVE	6:45 PM	7:15 PM	GERMAN	STUDIO C	
*CARDIO & STRENGTH	6:00 AM	7:00 AM	DONNA	STUDIO A	INTER./ADV.
ALL TERRAIN RIDE	8:30 AM	9:30 AM	EMILY	CYCLING STUDIO	ALL
AQUA AEROBICS	9:00 AM	10:00 AM	JENNIFER	POOL	BEGIN./INTER.
BASE FITNESS	10:30 AM	11:30 AM	NATALIE	STUDIO A	BEGIN./INTER.
*INTERVAL STEP & TONE	4:30 PM	5:30 PM	JAN	STUDIO A	INTER./ADV.
EXPRESS ABS	5:30 PM	6:00 PM	GERMAN	STUDIO C	ALL
**ZUMBA TONING	5:40 PM	6:40 PM	PATTI	STUDIO A	ALL
KID'S CLUB MAKE 'EM MOVE	6:45 PM	7:15 PM	GERMAN	STUDIO C	
POWER MUSCLE	6:00 AM	7:00 AM	TIFFANY	STUDIO A	ALL
PILATES	8:30 AM	9:30 AM	CHELCEE	STUDIO A	ALL
*CARDIO AQUA	9:00 AM	10:00 AM	KATHY	POOL	ALL
ZUMBA GOLD	10:00 AM	11:00 AM	NATALIE	STUDIO A	ALL
*POWER MUSCLE AB EMPHASIS	11:45 AM	12:45 PM	JENNIFER	STUDIO A	ALL
*STRONG 45	4:30 PM	5:15 PM	Q	STUDIO A	ALL
ZUMBA	5:30 PM	6:30 PM	PATTI	STUDIO A	INTER.
CIRCUIT BLAST	5:30 PM	6:30 PM	EMILY	STUDIO B	ALL
BOOT CAMP	6:00 AM	7:00 AM	ROTATES	STUDIO A	ADVANCED
ALL TERRAIN RIDE	8:30 AM	9:30 AM	CHRISTEL	CYCLING STUDIO	ALL
AQUA AEROBICS	9:00 AM	10:00 AM	EMILY	POOL	BEGIN./INTER.
**CIRCUIT INTERVAL	9:40 AM	10:40 AM	JENNIFER	STUDIO A	INTER./ADV.
**BASE FITNESS	10:50 AM	11:50 AM	NATALIE	STUDIO A	BEGIN./INTER.
ZUMBA/TONING	4:30 PM	5:30 PM	NATALIE	STUDIO A	ALL
**BODY SCULPT	5:40 PM	6:40 PM	CHELCEE	STUDIO A	ALL
YOGA PILATES	5:30 PM	6:30 PM	SHEENAGH	MPR	ALL
WOMEN ON WEIGHTS	5:30 PM	6:30 PM	GERMAN	WELLNESS FLOOR	ALL
KID'S CLUB MAKE 'EM MOVE	6:45 PM	7:15 PM	GERMAN	STUDIO C	
*SUNRISE CYCLE & CORE	6:00 AM	7:00 AM	BETH	CYCLING STUDIO/STUDIO C	ALL
AQUA ZUMBA	9:00 AM	9:45 AM	Q	POOL	BEGIN./INTER.
POWER MUSCLE	9:00 AM	10:00 AM	HOLLI	STUDIO A	ALL
**HAPPY YOGA	10:10 AM	11:10 AM	HOLLI	STUDIO A	ALL
**ZUMBA GOLD	11:20 AM	12:20 PM	NATALIE	STUDIO A	ALL
**Y BARRE	11:20 AM	12:20 PM	HOLLI	STUDIO C	ALL
ZUMBA DANCE PARTY!	5:30 PM	6:30 PM	PATTI	STUDIO A	ALL
POWER MUSCLE	6:40 PM	7:40 PM	CINDY	STUDIO A	ALL
YOGA	8:30 AM	9:30 AM	ROTATES	STUDIO A	ALL
ALL TERRAIN RIDE	8:30 AM	9:30 AM	ROTATES	CYCLING STUDIO	ALL
AQUA ZUMBA	9:00 AM	9:45 AM	Q	POOL	ALL
BOOT CAMP	9:40 AM	10:40 AM	ROTATES	STUDIO A	INTER./ADV.
*ZUMBA	1:30 PM	2:30 PM	Q	STUDIO A	ALL

Is This Your First Time? Please arrive at least 5 minutes early to class to introduce yourself to the instructor and advise him/her of any conditions.

ENJOY YOUR WORKOUT?
CONNECT AND TELL US ABOUT
YOUR Y EXPERIENCE!

@GEORGIAMOUNTAINSYMCA

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Group Exercise Class Benefits & Descriptions

Balance	Cardio Fitness	Cognitive Health	Core Stability
Improves equilibrium and reduces the risk of falling. B	Strengthens the heart and lungs for efficiency. CF	Enhances neuromuscular activity and helps improve mind/body connection through specified movement patterns. CH	Strengthens the deep abdominal muscles and improves postural alignment. CS
Flexibility	Muscular Strength	Small Group Training	Youth Fitness
Enhances the mind/body connection, improving coordination and reducing stress. Enhances joint range of motion. F	Increases strength and enhances muscular development and coordination. MS	Sessions led by a personal trainer and focus on a specialized format for more encouraging individual progression. SG	Kids enjoy circuit training games, develop skills to increase strength, balance and cardio capacity through the art of play. YF

All Terrain Ride **CF**

Vary your cardiovascular workouts aerobically and anaerobically by a virtual indoor bike ride with motivation, coaching and music. The cycle class schedule is posted outside the cycling studio.

Aqua Aerobics **CF MS F**

Improve your balance, strength and coordination and keep your heart healthy. These classes are held in the shallow end and are perfect for the new exerciser or those with limitations because of the low-intensity, low impact nature.

Aqua Zumba **CF CH MS**

Integrating the Zumba formula with traditional aqua fitness disciplines. This 45-minute class blends it all together into a safe, challenging, shallow pool workout that's cardio conditioning, body toning and tons of fun! It's a pool party!

Base Fitness **CF CS B MS F**

A low impact cardio workout, as well as some light resistance training and flexibility. Will include introduction to various equipment, balancing, core work and flexibility.

Body Sculpt **MS CS B MS**

This class will take you through a series of cardio and strength training exercises to help you burn fat and strengthen your muscles. It offers a variety of workout styles that will suit everyone. (B,CF, CS,MS)

Boot Camp **CF CS MS**

The ultimate high intensity cardio workout. This challenging interval class combines various callisthenic exercises with intense cardio for maximum fat and calorie burn. You can expect some days to have high/low intervals, and other days all out high intensity intervals, but bottom line, you will challenge your aerobic thresholds every time.

Cardio & Strength **CF CS MS SG**

A small group training class offering different types of cardiovascular and strength building exercises. Everything in one workout! Limited space.

Cardio Aqua **CF MS**

A class with high and low intensity intervals utilizing a combo of cardio, strength and conditioning moves for a maximum workout.

Circuit Interval **CF CS MS**

A high and low intensity class utilizing a combo of cardio, strength and conditioning moves. Formats may vary.

Express Abs **CS SG**

Intentional movements designed to target the lower, middle and upper abs as well as the obliques. Limited space.

Flexibility & Mobility **CH CS B F SG**

Get back to the basics with exercises designed to improve how the body moves. This class focuses on mobility, the connectivity between muscle groups, and the fascial system. Limited space.

Happy Yoga **CH CS B F**

A practice of yoga that will tap into humor, joy and celebration. The use of movement and breath to bring joy into your life, body, mind and hopefully into your practice.

Interval Step & Tone **CF MS**

This high energy interval training class alternates intermediate step moves with intense muscle conditioning.

Kid's Club Make 'Em Move **YF**

A class provided through our Kid's Club, this high energy and fast paced class includes sports, games and aerobic activities to improve endurance and agility. A fun way to get kids moving!

Pilates **CH CS B F**

This form of exercise challenges the mind/body connection of participants who strive to achieve the principles of centering, concentration, control, precision, breath and flow. All of this while working from the core in every exercise.

Pilates & Barre **CS B F**

A fusion of mat Pilates and ballet barre designed to reshape, tone, and strengthen.

Power Muscle **CF CS MS**

Get in, get it, and get out- build muscular strength and power in this high energy class utilizing the cardio barbell system.

Strong 45 **CS MS**

Moving in sync with music makes you work harder. This 45-minute class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone and definition.

Sunrise Cycle & Core **CF CS**

A class with high intensity intervals on a stationary bike for the first 35 minutes of class. The remainder of the class will be held next door in Studio C emphasizing core strength.

Women On Weights (W.O.W) **CS MS SG**

Join this class and help bust the myth that weight training makes women bulky. You will learn to use free weights, hammer strength machines, cable crossovers, and much more! Limited space.

Y-Barre **CS B MS F**

Utilize a ballet bar and other equipment to tone the body with an emphasis on lower body and core.

Yoga-Pilates **CH CS B F**

A core strengthening class that also will have the spine lengthening of Pilates mat work, with basic yoga postures. You get the benefits of both disciplines!

Yoga/Sunrise Yoga **CH CS B F**

A potent alignment-oriented practice that emphasizes the forms and actions within postures. These classes are based on physical postures (asanas), deep breathing, mindfulness and listening to the body.

Zumba **CF**

An exciting and unique workout incorporating Latin dance, Merengue, Salsa, Cha-Cha, Tango, Hip Hop and Rock-N-Roll.

Zumba Gold **CF**

Designed for the Active Older Adult, beginner, Post/Pre-natal participant, and other special populations that may need modifications for success.

Zumba/Toning **CF MS**

30-45 minutes of Zumba followed by 10-15 minutes of toning.