

**Body Parts Fitness-** total-body, high-intensity cardio and strength workout. **Non-**

**HIIT-** High Intensity Interval Training.

**CORE-** 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 your body!

**Go FIT-** This chair-based fitness class includes using seated and standing exercises.

**Total Body Cardio & Strength-** offers a head-to-toe training with a focus on cardio, weight training and core while mixing in speed and agility, flexibility and balance.

**Y-Barre** -check out our newest class, which includes components of pilates, yoga, and ballet. Grip socks and ankle/knee-length pants are suggested. Classes are offered Monday, Wednesday and Friday 9:15-10:15 a.m.

**Y Kids F.I.T.-** Fun Interactive Training class for ages 6-13! Instructors work with youth on nutrition and exercise while participating in fun activities! Any child who is not a member but has a pediatrician referral as being at-risk for diabetes may attend the class at no extra cost.

**Step** - a high-intensity aerobic exercise class that is designed to tone the upper and lower body while burning fat and calories.

**Pilates-** an innovative system of mind-body mat exercises to help improve balance, posture and flexibility.

**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. **Non-Members: \$5/class**

**Zumba** - fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

**Small Group Trainings-** Contact our Personal Trainer Mandy Lawson for more information! May Group Trainings: Mondays/Wednesdays at 11 am and Tuesdays/Thursdays at 5:30 pm. SGT starts the 1<sup>st</sup> week of April! Contact [mandy@athensmcminnymca.org](mailto:mandy@athensmcminnymca.org)

**Mondays, Wednesdays,  
Fridays**

**8 am to 11 am**

**Tuesdays, Thursdays**

**8 am to 10 am**

**Mondays-Fridays**

**4 pm to 8 pm**