



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS SCHEDULE

ATHENS-MCMINN FAMILY YMCA

WINTER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 am (G) <b>AIT</b> Fred (60min)	5 am (M) <b>Coach By Color</b> Jackie (50 min)	5 am (G) <b>AIT</b> Fred (60 min)	5 am (M) <b>Coach By Color</b> Jackie (30 mins)	5 am (G) <b>AIT</b> Fred (60 mins)	8:15 am (M) <b>Coach By Color</b> Whitney (30 min)
6 am (K) <b>Total Body Cardio &amp; Strength</b> Whitney (50 min)	6 am (M) <b>Cycle</b> Joe L. (50 min)	6 am (K) <b>Total Body Cardio &amp; Strength</b> Whitney (50 mins)	6 am (M) <b>Cycle</b> Joe L. (50 min)	6 am (M) <b>Total Body Cardio &amp; Strength</b> Whitney (50 mins)	9 am (KYC) <b>Yoga</b> Brad (50 min)
9:15 am (K) <b>GO Fit</b> Jamie (50 min)	9 am (KYC) <b>Pilates</b> Sheila (50 min)	8:00 am (M) <b>Cycle</b> Becky (50 mins)	9 am (KYC) <b>Pilates</b> Sheila (50 min)	8:00 am (M) <b>Cycle</b> Becky (50 mins)	10:00 am (K) <b>ZUMBA</b> Di (50 min)
9:15 am (M) <b>Pedaling4Parkinson's</b> Shay (50 min)	9:15 am (K) <b>Y-Barre</b> Jamie (50 min)	9:15 am (K) <b>GO Fit</b> Jamie (50 min)	9:15 am (K) <b>Y-Barre</b> Jamie (50 min)	9:15 am (K) <b>GO Fit</b> Jamie (50 min)	
12 pm (K) <b>Total Body Cardio &amp; Strength</b> Shay (50 min)	10 am (K) <b>ZUMBA Gold</b> Jean (50 min)	9:15 am (M) <b>Pedaling4Parkinson's</b> Shay (50 min)	10 am (K) <b>ZUMBA Gold</b> Jean (50 mins)	9:15 am (K) <b>Pedaling4Parkinson's</b> Shay (50 min)	
5:30 pm (K) <b>Yoga</b> Nancy (50 mins)	12 pm (K) <b>Coach By Color</b> Mandy (30 mins)	12 pm (K) <b>Total Body Cardio &amp; Strength</b> Shay (50 min)	12 pm (M) <b>Coach By Color</b> Mandy (30 mins)	12 pm (K) <b>Total Body Cardio &amp; Strength</b> Shay (50 min)	
5:30 pm (K) <b>Step</b> Denise (50 mins)	5:30 pm (K) <b>BARRE above</b> Leslie (50 mins)	5:30 pm (KYS) <b>Yoga</b> Nancy (50 mins)	5:30 pm (K) <b>BARRE above</b> Leslie (50 mins)	6 pm (K) <b>ZUMBA</b> Di (50 MINS)	
6:30 pm (K) <b>ZUMBA</b> Carmen (50 mins)	5:30 pm (M) <b>HIIT</b> Kathy (50 mins)	5:30 pm (K) <b>Step</b> Denise (50 mins)	5:30 pm (M) <b>HIIT</b> Kathy (50 mins)		
	5:30 pm (KYC) <b>ZUMBA</b> Di (50 mins)	6:30 pm (K) <b>ZUMBA</b> Carmen (50 mins)	5:30 pm (KYC) <b>ZUMBA</b> Di (50 mins)		
	6:30 pm (K) <b>Core</b> Michelle (50 mins)		6:30 pm (K) <b>Core</b> Michelle (50 mins)		

## Class Locations

G = Gym

K = Kiwanis 1 & 2

M = Mayfield

KYC = Kiwanis Youth Center (Downstairs)

## Child Watch Hours

Monday: 8am - 11am; 4pm - 8pm

Tuesday: 8am - 10am; 4pm - 8pm

Wednesday: 8am - 11am; 4pm - 8pm

Thursday: 8am - 10 am; 4pm - 8pm

Friday: 8am - 11am; 4pm - 8pm

Saturday: 8am - 11am

Director of Fitness & Healthy Living

Mandy Lawson

mandy@athensmcminnymca.org

Class Descriptions on Back

## GROUP EXERCISE CLASS DESCRIPTIONS

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<b>AIT</b>	(Advanced Interval Training) This boot camp style class combines intense intervals of cardiovascular exercises and strength work that will test your limits. The perfect mix of participant challenge and instructor motivation creates a dynamic workout.
<b>BARRE above</b>	Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into amazing shape. Grip socks and ankle/knee-length pants are suggested.
<b>Coach By Color</b>	Power program combines accurate zonal training with stimulating color to help coach a member's effort during the workout.
<b>Core</b>	Core is 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 the body!
<b>Cycling</b>	Cardio workout to music on specially designed stationary bicycles. Workout towel & water suggested.
<b>GO Fit</b>	This chair-based fitness class includes using seated and standing exercises. Strongly suggested for seniors, participants recovering from an injury, or post-rehab. Strength, flexibility and balance are major focuses.
<b>HIIT</b>	A strength and cardio full-body workout using a variety of equipment and exercises to add muscle, endurance and torch calories. A high intensity class for the avid exerciser or those who want a challenge.
<b>Pedaling 4 Parkinson's</b>	This program is designed to improve the quality of life of Parkinson's patients and their caregivers. It also educates patients, caregivers, and the public on the benefits of maintaining an active lifestyle after a diagnosis.
<b>Pilates</b>	An innovative system of mind-body mat exercises to help improve balance, posture, and flexibility. We provide mats but, you are more than welcome to bring your own.
<b>Total Body, Cardio &amp; Strength</b>	Offers head-to-toe training with a focus on cardio, weight training and core while mixing in speed and agility, flexibility and balance.
<b>Y-Barre</b>	Includes components of pilates, yoga, and ballet. Grip socks and ankle/knee-length pants are suggested.
<b>Yoga</b>	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. We provide mats but feel free to bring your own if you would like.
<b>ZUMBA</b>	This class fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away!
<b>ZUMBA Gold</b>	Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity.