

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Covington Family YMCA
770 787 -3908
cvy.ymcaatlanta.org
June 2009

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Body Blast Jennifer 60 Min.	Group Cycling Cathy 45 Min.	Body Blast Jennifer 60 Min.	Group Cycling Cathy 45 Min.		
8:30 AM		H.E.A.T. Nadine 60 Min.		H.E.A.T. Tara 60 Min.		
9:00 AM	Cycle-lates April & Nadine 60 Min.		Pilates Nadine 60 Min.		Cycle-lates April & Nadine 60 Min.	
9:30 AM		*Yoga Nadine 60 Min.		*Yoga Nadine 60 Min.		*Basic But Tough- Cardio/Strength 60 Min.
10:15 AM	*Forever Fit Darcel 60 Min.		*Morning Stretch Darcel 45 Min.		*Morning Stretch Darcel 60 Min.	
11:00 AM			*Forever Fit Darcel 45 Min.			
4:15 PM		*Cardio Express Bekah 45 Min.		Cycle Circuit April 45 Min.		
4:30 PM	*H.E.A.T. Nadine 45 Min.		*H.E.A.T. Nadine 45 Min.		YOUTH BODY BLAST Ed Miller 45 Min.	
5:10 PM		Just Abs Bekah 20 Min.		Just Abs April 20 Min.		
5:30 PM	Group Cycling April 45 Min.	Zone & Tone Jenny 60 Min.	Cycle Circuit Trista 45 Min.	Cardio Kickbox Nadine 45 Min.		
6:30 PM	*ZUMBA Ruth	Pilates Ruth 60 Min.		Pilates Ruth 60 Min.		
7:30 PM	Yoga Karen 60 Min.					

See announcement board in the lobby for any schedule changes.

Any class with an * next to it is a class appropriate for someone new to Group Exercise or in th Coach Approach.

Check out our YOUTH Body Blast class!
Friday's at 4:30 Ages: 8-14 Parents Welcome

Class Descriptions

Basic But Tough (BBT) - Basic high energy cardio. May include step, cycle, or floor exercises combined with strength and abdominal training exercises.

Body Blast - Calling all men & women!! Conditioning class consisting of cardio activities with alternating segments of weight training utilizing weights, resistance bands, and body bars. Guaranteed to be challenging and a great way to start the day!!

Cardio Express- 30 minute high energy class while learning a basic step routine. This is a perfect class for beginning and advance steppers. Also includes 10 minutes of stretching at the end.

Cardio Kickbox - A high energy, fat burning cardio class with various types of kicking and punching.

Cycle-lates- a 60 minute class that combines 30 minutes of group cycling and 30 minutes of pilates. If you are looking to tone up, burn calories, and get a great cardiovascular workout. This is the class for you!

Cycle Circuit-Interval training which combines Group Cycling with strength training for a challenging workout. Bring a water bottle & towel to this class!

Forever Fit- low impact aerobic dance class designed for Active Older Adults or the beginner exerciser.

Group Cycling-a cardiovascular workout done on a stationary bike. This class has simulated hills, flat roads, and drills set to music. Bring a water bottle & towel to this class!

H.E.A.T.- (HIGH ENERGY ATHLETIC TRAINING) strength and cardiovascular training for all fitness levels.

Just ABS-a 20 minute abdominal session.

Morning Stretch-flexibility training for all fitness levels.

Pilates-a low impact workout focused on developing core strength.

Yoga-focuses on stretching in order to increase flexibility and muscle tone.

Youth Body Blast- The focus of this class to increase cardiovascular strength, agility, endurance, flexibility, core strength and awareness within a fun and inviting environment.

Zone & Tone-a mixture of cardio, sculpt, abs,and stretching; this class is designed to burn away the calories and break your fitness plateau.

Zumba- a Latin- inspired, dance-fitness class; with dance movements, which create a dynamic exciting, and effective fitness system. The cardio-based dance movements are easy-to-follow steps that include body sculpting, which targets all the major areas. It's fun! It's different! It's easy! It's effective!

20/20/20- 20 min of cardio, 20 min of strength training, and 20 min of abs and stretching.

KID ZONE HOURS :

Monday-Thursday 8:00am-11:30am & 4:00pm-8:00pm

Friday 8:00am-11:30am & 4:00pm-7:00pm

Saturday 9:00am-12:00pm

Just a reminder to arrive at class on time in order to warmup and bring a water bottle!