

# YGROUP EXERCISE MARCH 2010



We build strong kids, strong families, strong communities.

A = Studio A B = Studio B

G = Gymnasium

WC = Wellness Center

All Spin classes held in Spin Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		Spin (Anissa)				
8:15am						Spin (Anissa)
8:30am	Spin (Anissa) (A) Sport Fit Boot Camp (Debi)	(A) Xtreme Pump (Anissa)	Spin (Anissa) (WC) Tred-n-Shed (Jennifer)	(A) Xtreme Pump (Debi)	Spin Mix (Lari)	
9:00am		Spin (Molly)	(B) Tai Chi (Bob)			Spin (Dana) (A) XTreme Pump (Anissa)
9:30am	(A) Zumba (Yazmin) (WC) Circuit	(A) Double Step (Jennifer) (WC) Circuit	(A) Boot Camp (Debi) (WC) Circuit	(A) Anything Step (Jennifer) (WC) Circuit	(WC) Circuit (A) XTreme Pump (Anissa) (B) Senior Stretch (Lari)	(WC) Circuit
10:00am	(A) Mommy-n-Me Christian Yoga (Julie) no class 3/1					(A) Step Interval (Dana) (B) Family Aerobics (age 5+) Mar 6-Kickboxing Mar 13-Christian Yoga Mar 20-Zumba
10:30am	(A) Yogalates (Myrna)	(A) Candlelight Yoga (Myrna)	(A) Deep Stretch Yoga (Cathy)	(A) Yoga (Lari)	(A) Line Dancing (Tonya)	
11:30am	(A) SilverSneakers® I (Jennifer)	(A) SilverSneakers® I (Debi)	(A) Silver Mix (Anissa)	(A) SilverSneakers® I (Lari)		
12:30pm	(A) Senior Stretch (Jennifer)	(WC) Circuit		(WC) Circuit		
5:00pm	(A) Line Dancing (Tonya)	(A) Healthy Kids age 5-9		(G) Healthy Kids age 5-9 (A) Beginning Line Dancing (Tonya)		
5:30pm		(A) ABB-X (Leslie/Anissa)	(A) Tight-n-Tone (Yvonne)		(A) Zumba (Yazmin)	
6:00pm	(A) Step X (Dana) (G) Sport Fit Boot Camp (Lari)	Spin (Leslie/Anissa) (WC) Youth Fit Zone age 10-12		(WC) Youth Fit Zone age 10-12 (A) Anything Step (Debi)		
6:30pm	Spin Mix (Dana) (A) Deep Stretch Yoga (Cathy) (WC) Circuit	(A) Zumba (Yazmin) (WC) Circuit	(A) Deep Stretch Yoga (Cathy) Spin-X (Yvonne) (WC) Circuit	Spin (Dana) (WC) Circuit	(WC) Circuit	
7:00pm				(A) Sculpt-X (Debi)		
7:30pm	(A) Kickboxing (Paul)	(A) XTreme Pump (Leslie/Summer)	(A) Kickboxing (Paul)	(A) Kickboxing (Paul)		



## CLASS DESCRIPTIONS

**ABB-X** - Abs, Back and Bottom workout in 30 minutes!

**Anything Step** - A step class with variety...from Step to HEAT to Double Step, you never know what you might get!

**Boot Camp** - Get Ready to be pushed to the limit of your strength and cardio endurance. Running stairs, pushups, lunges, lifting, squatting and more.

**Candlelight Yoga** - Rejuvenating yoga by candlelight for all levels.

**Christian Yoga** - Yoga class focusing and meditating on Biblical scripture while performing exercises.

**Circuit** - Held in the wellness center, class rotates through 6 weight machines to give a total body workout in 30 minutes.

**Deep Stretch Yoga** - focuses on slow, fluid movements to increase flexibility using deep breathing "Hatha" yoga techniques.

**Double Step** - using 2 steps, get a great cardio workout with more advanced choreography.

**Intro to Group X** - a 30 minutes introduction class to all group exercise classes, learning basic step combinations to how to set up a spin bike. A great class to get your comfortable with walking into a Group X class and knowing what to expect!

**Line Dancing** - Don't miss the excitement with this fun way to exercise! Learn a combination of line dances from beginner to advanced. Great for beginners and low-impact exercisers.

**Kickboxing** - punch and kick combinations from our experienced instructor, tone abs and shoulders, improve your cardio and relieve stress.

**Spin** - indoor cycling class using various resistances on a stationary bike to get an excellent cardiovascular workout. Spin-X is a 30 minute class. (Please grand a number from the welcome center before class begins to reserve your bike)

**Spin Mix** - Intervals, Cardio, and Abs moving on and off the bike!

**SilverSneakers® I - Muscular Strength & Range of Movement** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activities of daily living. Hand weights, tubing, and ball are offered for resistance. Chair is used for seated and/or standing support

**Silver Mix** - Mix it up for more variety. Step, spin, or floor cardio at a little more advanced pace, appropriate for all exercise levels. A chair is offered for support and stretching.

**Sport FIT** - training using sports specific and functional movements to improve core strength and agility while getting a total body, high intensity workout. Unlike any group exercise class...this is partner work and group training like you're never experienced before!

**Step X** - a 30 minute step class to get your heart going

## UPCOMING EVENTS

PRESCHOOL MON, WED AND FRI MORNINGS

TOT TIME MARCH 9, 10:30AM

PARENT'S NIGHT OUT MARCH 19, 6:30PM

EASTER EGG HUNT MARCH 27, 2PM

MAKE YOUR APPOINTMENT WITH MICHELE (THE Y'S REGISTERED NURSE) AT THE WELCOME CENTER! SERVICES ARE FREE!

CHECK OUT YOUR Y ONLINE AT [WWW.GAPIEDMONTYMCA.ORG](http://WWW.GAPIEDMONTYMCA.ORG), FOLLOW ON TWITTER, AND BECOME A FAN ON FACEBOOK!

CALL US AT 770-868-2917



of Georgia's Piedmont  
Brad Akins Branch