



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Brad Akins Branch  
Group Exercise Land Classes**

# September 2010

P = Jean Roberts Natatorium    A = Studio A    B = Studio B    G = Gymnasium    W = Wellness Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30a		(A) Boot Pump (Anissa)	(W) Tred-n-Shed (Jennifer)	(A) Xtreme Pump (Debi)	(A) Cardio Kickbox (Anissa)	
9:00a						(A) XTreme Pump (Anissa)
9:30a	Cardio Tennis (Jennifer-on courts) (W) Circuit	(A) XTreme Step (Jennifer) (W) Circuit	(A) Boot Camp (Debi) Cardio Tennis (Jennifer-on courts) (W) Circuit	(A) Double Step (Jennifer) (W) Circuit	(A) XTreme Pump (Anissa) (W) Circuit	(W) Circuit
10:00a						(A) Step Interval (Dana) (G) Family Aerobics
10:30a				(A) Sweat n Stretch (Lari)	(A) Line Dancing (Tonya)	
11:30a	(A) SilverSneakers® I (Jennifer)	(B) SilverSneakers® I (Lari)		(A) SilverSneakers® I (Lari)		(W) 11a Teen Cardio Orientation
12:30p		(W) Circuit		(W) Circuit		
4:30p	(G) Sport Fit (Lari)					
5:00p	(A) Line Dancing (Tonya)	(A) Fit Kids (age 5-9)		(G) Fit Kids (age 5-9) (A) Line Dancing (Tonya)		
5:30p		(A) Step X (Velda) (W) Teen Cardio Orientation	(A) Tight-n-Tone (Yvonne)		(G) Zumba (Pam)	
6:00p	(A) Step X (Dana)	(W) Youth Fit Zone (age 10-12)		(W) Youth Fit Zone (age 10-12) (A) Boot Camp (Debi)		
6:30p	(B) Self Defense-X (Paul) (W) Circuit	(G) XTreme Zumba (Yazmin) (W) Circuit	(W) Circuit	(G) Zumba (Pam) (W) Circuit	(W) Circuit	
7:00p		(A) XTreme Pump (Velda)				
7:30p	(A) Kickboxing (Paul)		(A) Boxing (Paul)	(A) Kickboxing (Paul)		

## Spin® Classes (all classes held in Spin Room)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30a	Anissa		Anissa		Spin Mix (Lari)	
9:00a						Dana
6:00p		Velda				
6:30p	Spin Mix (Dana)			Dana		

## Yoga Classes

	Monday	Tuesday	Wednesday	Friday
9:30a				(B) Simple Stretch-n Strength (Lari)
10:30a	(A) Yogalates (Myrna)	(A) Candlelight Yoga (Myrna)	(A) Deep Stretch Yoga (Cathy)	
6:30p	(A) Deep Stretch Yoga (Cathy)		(A) Deep Stretch Yoga (Cathy)	

Ages 15up can attend all classes without limitations.

Denotes classes for ages 12up when accompanied by a parent/guardian

770-868-2917

www.gapedmontymca.org

YMCA MISSION STATEMENT: "To put Christian principles into practice through programs that build healthy spirit, mind, and body for all."



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# Brad Akins Branch Aquatics Classes and Natatorium Schedule September 2010

P = Jean Roberts Natatorium    A = Studio A    B = Studio B    G = Gymnasium    W = Wellness Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00a	(P) Aqua Sculpt (Sherri)					
9:30a		(P) Aqua Cardio (Velda)				(P) Aqua Sculpt (Yvonne 9/4 & 9/18)
10:30a	(P) Aqua Mix (Jennifer)			(P) Deep Water (Jennifer)		
11:30a			(P) Silver Splash® (Jennifer)			
5:00p	(P) Deep Water (Sherri)		(P) Aqua Mix (Sherri)			
6:30p		(P) Aqua Mix (Sherri)		(P) Deep Water (Yvonne)		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Opens 5:00a						
Lap Swim 5:00a-4:30p						
Water Class 6:00am				Open/ Family Swim 9:00-11:30a	Pool Opens 8:00a	
Swim Lessons 8:30-10:30a	Water Class 9:30a	Swim Lessons 8:30-10:30a			Open/Family Swim	
Water Class 10:30a	Swim Lessons 11:00a-2:00p	Open/ Family Swim	Water Class 10:30a		Lap Swim	
Open/ Family Swim 12:00-4:00p	Open/ Family Swim 2:00-6:30p	Lap Swim 1:00-9:00p	Swim Lessons 11:00a-2:00p	Water Class 11:30a	8:00a-5:30p	
			Open/ Family Swim 2:00-6:30p	Open/ Family Swim 1:00-8:30p	Water Class 9:30a	
			Swim Team 4:30p-7:30p			Pool Opens 1:00p
Water Class 5:00p						Open/Family Swim
Swim Lessons 5:30-8:30p	Water Class 6:30p	Water Class 11:30a	Swim Lessons 5:30-8:30p	Water Class 6:30p		Lap Swim
						1:00-5:30p
Lap Swim 7:30-9:00p						

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

**Aqua Cardio** - water class focused on getting the heart rate up for a non-impact cardio workout

**Aqua Sculpt** - water class using weights and noodles for total body sculpting

**Aqua Mix** - water class using both deep and shallow ends of the pool with optional flotation devices. Participants do not need to know how to swim but must be comfortable in deeper water.

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

**Boxing** - a 1-hour boxing class for beginners...a great cardio workout!

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

**Cardio Kickbox** - Tai Bo® style cardio class using kicks, knees and punches.

**Cardio Tennis** - held on the tennis courts, class utilizes tennis training drills for an enhanced cardio workout.

**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.

**Deep Water** - Water class using flotation devices in the deep end for a cardio workout.

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

**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 lo-impact exercisers.

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

**Self-Defense** - a 30-min class designed to teach skills for women's self-defense.

**Spin®** - indoor cycling class using various resistances on a stationary bike to get an excellent cardiovascular workout.

**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 Splash®** - Water class for Silversneakers® geared towards ages 50+

**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

**Tight N Tone** - involves use of weights and resistance bands to tone and strengthen muscles.

**Tred-N-Shed** - Class held on the treadmills in the wellness center. Run (or walk) with a group to push you to your max. Great cardio workout and those training for long runs. (Please grab a number from the welcome center before class begins to reserve your treadmill)

**XTreme Pump** - Come PUMP IT UP in this class using a variety of resistance equipment (bands and bars) for an overall XTREME strength and toning workout.

**XTreme Step** - fast paced, high intensity step class with advanced combos for the advanced stepper

**Yoga-lates** - a moderate intensity class focusing on core strength mixing yoga and pilates.

**Zumba** - urban fusion dance class with Latin dance moves with a steady - sweaty pace.. Fun for all!