

**HATTIESBURG GROUP EXERCISE  
LET'S GET FIT TOGETHER!  
601-583-4000 ymcasems.org**

**DECEMBER 2018**

LOCATIO	TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
	6:00AM	BeneFIT Elena		BeneFIT Elena		BeneFIT Elena		
<b>AEROBIC STUDIO</b>	8:00AM	Zumba Toning Nelly	Pump & Burn Tami	Kick BootCamp/Tami	Group Power Judith	Barre & Ball Julie		
	9:00AM						Body Shock Jamie	
	9:15AM	Hot Seat/LD		Hot Seat/LD		Hot Seat/LD		
	9:30AM		Stretch & Flex Lindalee		Stretch & Flex Lindalee			
	10:00AM					Power Yoga Kelly		
	10:15AM	Dancercize Chrys		Dancercize Chrys			Zumba Sylvia	
	10:30AM		Core Pilates Melissa		Core Pilates Melissa			
	11:15AM		Barre & Ball Julie		Pound Express Julie			
	2:00PM	Back2Basics Mary Kate			Back2Basics Mary Kate			
	4:15PM	Rock Body Bcamp Julie	Step Choreography Shannon	Rock Body Bcamp Julie	Step Choreography Shannon			
	5:00PM		Zumba/Chrys		Zumba/Chrys			
	5:15PM	Total Body Pilates Melissa		Zumba Toning Sylvia				
	5:45PM		Core Inferno Nelly		Core Inferno Nelly			
	6:15PM	Kettlebell Express Eunice	Body Shock Jamie	Total Kettlebell Eunice	Body Shock Jamie			
	7:00PM		Performance Nick		Performance Nick			
<b>YOGA AND SPIN</b>	9:30AM	PIYo/Kate						
	6:15PM		Yoga/Nelly		Yoga/Nelly			
	5:15PM	Evening Spin/Eunice	Evening Spin/Eunice	Gospel Spin/Eunice	Evening Spin/Eunice			
	6:15PM		Evening Spin/Eunice		Evening Spin/Eunice			
<b>WATER AEROBIC</b>	8:00AM	Deep H2O/AquaFit Terry Judy		Deep H2O/AquaFit Terry Judy		Deep H2O/AquaFit Terry Judy		
	9:00AM		Water Aerobic/Chrys		Water Aerobic/Chrys			
	6:00PM		Deep H2O Chrys		Deep H2O Chrys			

<b>Class Descriptions</b>	<b>The Family YMCA aerobics instructors encourage those of all fitness levels (Beginners- Advanced) to participate in their classes. Our classes have a fun, enjoyable and friendly atmosphere.</b>
<b>Aqua Fit 50/50</b>	A total water workout! 50% Cardio and 50% Strength and Tone in the water!
<b>Back2Basics</b>	A moderate intensity class that incorporates a high-energy cardio combination of floor aerobics and dance aerobics with moves that are simple to learn and don't require too much precision.
<b>Barre &amp; Ball</b>	A fun and energetic workout that incorporates the ballet barre and small ball. This workout will provide cardio benefits, toning benefits, posture alignment benefits along with strength and balance benefits.
<b>BeneFIT</b>	A full body workout class focused on benefitting you by keeping your heart rate elevated & muscle activated while reaping bunches of spirit, mind and body benefits.
<b>Body Shock</b> 😊	An all-encompassing "body shocking," calorie burning workout that incorporates strength training, plyometric, and core work using contemporary modalities. Modifications are available for each exercise.
<b>Cardio Dance Fusion</b>	An exhilarating, heart pumping workout which combines cardio, dance, and toning moves that are tons of fun.
<b>Cardio Kickboxing</b>	Looking for something different? Join this early morning, high energy, 45 minute workout in the Aerobic Room.
<b>Core Inferno</b>	A high intensity drill based core & cardio class utilizing a variation of exercise modalities. It will push your limits and leave you dripping sweat.
<b>Core Pilates</b>	Focuses on strengthening your core. Improves flexibility and tone. Structured for all fitness levels.
<b>Deep H2O Fitness</b> 😊	A total body workout for all levels- No swimming experience necessary! While creating less stress and strain on the joints, this class provides cardio and strength benefits against the resistance of the water. Props including noodles, floating devices, and buoyancy provided. Lifeguard on Duty!
<b>Group Power</b>	This class will blast your entire muscle high-rep weight training workout. Using and adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic Music.
<b>Kettle Express</b>	A 30 minute cardio, strength training and core class that will take you where you want to go in half the time.
<b>Kick Bootcamp</b>	A 45 minute cardio kickboxing/ boot camp class that incorporates ropes, kickboxing bags, and bodyweight boxing combinations that will give you an exhilarating workout.
<b>Performance</b>	This is your workout for an all over strength and conditioning! Alternating cardio, agility, plyometric and weights results in a great calorie burn, cardiovascular workout, and muscular strength and toning.
<b>Pound</b> 😊	Channel your inner rockstar with this full-body cardio jam session, inspired by drumming. Torch calories and tone while rocking out to your favorite music.
<b>Rock Body Boot Camp</b>	Intense combination cardio and muscle workout! Options for high or low impact.
<b>SETS &amp; REPS</b>	A circuit format class that alternates cardio with machines and free weights resulting in a great calorie burning, cardiovascular and muscular strengthening workout.
<b>SPINNING</b> 😊	Experience the thrill of riding flat roads, the challenge of climbing hills, and the excitement of getting fit. Beginners, please arrive 5 minutes early for proper bike set up instructions.
<b>Step Choreography</b>	A fun step aerobics class that incorporates animated moves and routines. May include core exercises.
<b>Stretch &amp; Flex</b>	Improve your flexibility. A great stretch from head to toe! Includes seated and standing stretches. Flex with or without weights to easy listening music.
<b>Total Kettlebell</b>	A challenging combination of strength and power exercises that will build muscle and zap fat. Ending with "kettle-core."
<b>Total Body Pilates</b>	A workout that features a combination of Pilates inspired exercises that target all major muscle groups.
<b>Yoga</b>	Sun salutations, poses and stretches incorporated for total body flexibility, strengthening and stress reduction
<b>ZUMBA</b> 😊	A combination of Latin and International music with dance moves! A unique blend of cardio and muscle-toning moves. All levels welcome.
<b>ZUMBA Toning</b> 😊	For those who want to party and put extra emphasis on toning and sculpting to define your muscles! Light weight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.