

HATTIESBURG GROUP EXERCISE

LET'S GET FIT TOGETHER!

601-583-4000 ymcasems.org

SEPTEMBER 2019

LOCATION	TIME	MON	TUES	WED	THUR	FRI	SAT	SUN	
	6:00AM	BeneFIT Elena		BeneFIT Elena		BeneFIT Elena			
AEROBIC STUDIO	8:15AM	Zumba Toning Nelly	Pump & Burn Tami	Kick BootCamp/Tami	Group Power Judith	Barre & Pound 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		Zumba Toning Sylvia 				
	2:00PM	Back2Basics Mary Kate				<p>"Out of the Box" begins Sept. 9th @ 6:15pm </p> 		Gospel Spin/Eunice	
	4:15PM	Interval Tone Julie	Step Choreography Shannon	Interval Tone 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	Out of the Box Jay 	Body Shock Jamie	Kettle Express Eunice	Body Shock Jamie				
7:00PM	SHOTOKAN KARATE								
YOGA	9:30AM	PiYo/Kate							
	6:15PM		Yoga/Nelly		Yoga/Nelly				
	5:15PM		Evening Spin/Eunice		Evening Spin/Eunice				
	6:15PM		Evening Spin/Eunice						
WATER AEROBIC	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				

Class Descriptions	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.	
Aqua Fit 50/50	A total water workout! 50% Cardio and 50% Strength and Tone in the water!	
Back2Basics	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.	
Barre & Pound		A great workout to maximize strength, control, stretching and cardio. This class will channel your inner Ballerina and Rocking Rebel by incorporating ballet moves for core stability and body fluidity while also implementing "Ripstixs" for a full body workout with a cardio emphasis.
BeneFIT	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.	
Body Shock		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.
Cardio Kickboxing	Looking for something different? Join this early morning, high energy, 45 minute workout in the Aerobic Room.	
Core Inferno	A high intensity drill based core & cardio class utilizing a variation of exercise modalities. It will push your limits and leave you dripping sweat.	
Core Pilates	Focuses on strengthening your core. Improves flexibility and tone. Structured for all fitness levels.	
Deep H2O Fitness		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!
Group Power	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.	
Interval Tone	This class incorporates a combination of Cardio Intervals followed by a variety of Toning Intervals. Cardio Intervals may include cycles such as: Step Intervals, Low Impact Kickbox /High Impact Kickbox, Same Plane Short Burst Intervals or a combination of all. In addition, the Toning Intervals will hit all the major muscle groups with an emphasis on the core muscles. This workout will maximize your results.	
Kettle Express	A 30 minute cardio, strength training and core class that will take you where you want to go in half the time.	
Out of the Box	A boxing class that is designed to introduce you to basic boxing skills and technique while increasing your cardio capacity via interval training exercises	
Rock Body Boot Camp	Intense combination cardio and muscle workout! Options for high or low impact.	
SPINNING		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.
Step Choreography	A fun step aerobics class that incorporates animated moves and routines. May include core exercises.	
Stretch & Flex	Improve your flexibility. A great stretch from head to toe! Includes seated and standing stretches. Flex with or without weights to easy listening music.	
Total Body Pilates	A workout that features a combination of Pilates inspired exercises that target all major muscle groups.	
Yoga	Sun salutations, poses and stretches incorporated for total body flexibility, strengthening and stress reduction	
ZUMBA		A combination of Latin and International music with dance moves! A unique blend of cardio and muscle-toning moves. All levels welcome.
ZUMBA Toning	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.	