

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

**July 2017**

LOCATION	TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>AEROBIC STUDIO</b>	8:15AM	Zumba Toning Nelly	GROUP POWER Tami	Kick BootCamp/Tami	GROUP POWER Tami	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				
	10:30AM		Core Pilates Melissa		Core Pilates Melissa			
	11:15AM		Barre & Ball Julie		POUND Express Julie			
	2:00PM						Gospel Spin Eunice	
	3:00PM							
	4:15PM	Rock Body Bcamp Julie	Step Choreography Shannon	Rock Body Bcamp Julie	Step Choreography Shannon			
	5:00PM		Zumba/Chrys		Zumba/Chrys			
	5:15PM	HIP HOP STEP KIM		POUND Kim P.				
	5:30PM							
	5:45PM		Core & More Nelly		Core & More Nelly			
6:15PM	Kettlebell Express Eunice	Body Shock Jamie	Total Kettlebell Eunice	Body Shock Jamie	<b>NO CLASSES JULY 4TH</b>			
7:00PM								
<b>YOGA</b>	9:30AM	PIYo/Kate						
	6:15PM		Yoga/Nelly		Yoga/Nelly			
<b>SPIN</b>	5:30AM		Sunrise Spin/Nicole		Sunrise Spin/Nicole			
	5:15PM	Evening Spin/Erika	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 Lindalee		Deep H2O/AquaFit Terry Lindalee		Deep H2O/AquaFit Terry Lindalee		
	9:00AM		Water Aerobic/Kim H.		Water Aerobic/Kim H.			
	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!
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.
Barre & Ball	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.
Cardio Dance Fusion	An exhilarating, heart pumping workout which combines cardio, dance, and toning moves that are tons of fun.
Cardio Kickboxing	Looking for something different? Join this early morning, high energy, 45 minute workout in the Aerobic Room.
Core & More	Intense abdominal and lower back strengthening PLUS strength and tone for assisting muscle groups.
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.
Kettle Express	A 30 minute cardio, strength training and core class that will take you where you want to go in half the time.
Kick Bootcamp	A 45 minute cardio kickboxing/ boot camp class that incorporates ropes, kickboxing bags, and bodyweight boxing combinations that will give you an exhilarating workout.
Total Kettlebell	A challenging combination of strength and power exercises that will build muscle and zap fat. Ending with "kettle-core." Advanced level welcome.
Performance	This is your workout for all over strength and conditioning! Alternating cardio, agility, plyometric and weights results in a great calorie burn, cardiovascular workout, and muscular strength and toning.
Pound	 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.
Rock Body Boot Camp	Intense combination cardio and muscle workout! Options for high or low impact.
SETS & REPS	A circuit format class that alternates cardio with machines and free weights resulting in a great calorie burning, cardiovascular and muscular strengthening workout.
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.
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.