

January Class Schedule

The Family Y Hattiesburg

Monday

5:15AM	HIIT In The Gym	Terrica
8:15AM	Core & More	Nelly
9:15AM	Chair Aerobics	Nancy
10:15AM	Zumba God	Sylvia
11:15AM	Stretch & Flex	Lindalee
4:15PM	Core & More	Julie

Tuesday

6:00AM	Beginner Yoga	Monica
8:00AM	Pump & Burn	Tami
8:15AM	HIIT In The Gym	Amy
9:00AM	Water Aerobics	Nancy
10:15AM	Bare & Ball	Julie
11:15AM	Beginner Yoga	Monica
4:15PM	Step Aerobics	Shannon
5:00PM	High Fitness	Nelly
6:00PM	Tabata	Jamie

Wednesday

5:15AM	HITT In The Gym	Terrica
8:00AM	Kickboxing	Tami
9:15AM	Chair Aerobics	Amy
10:15AM	Zumba Gold	Sylvia
11:15AM	Stretch & Flex	Lindalee
4:15PM	Core & More	Julie
5:30PM	HITT In The Gym	Courtney

Thursday

6AM	Beginner Yoga	Monica
8:00AM	Pump & Burn	Tami
8:15AM	HITT In The Gym	Janis
9:00AM	Water Aerobics	Nancy
9:15AM	High Fitness	Janis
10:15AM	Barre	Julie
4:15PM	Step Aerobics	Shannon
5:00PM	Zumba	Sylvia
6:00PM	Tabata	Jamie

Friday

5:15AM	HITT In The Gym	Terrica
8:15AM	High Fitness	Amy
9:15AM	Chair Aerobics	Amy
10:15AM	Power Yoga	Kelly
11:15AM	Stretch & Flex	Lindalee

Saturday

9:00AM	Tabata	Jamie
10:15AM	Zumba Toning	Sylvia



Hattiesburg Family YMCA Group Exercise Class descriptions

Class Name	Class Description	Type/Level
Cycling	45 min cardio workout uses pacing and sets	Cardio – Multi Level
HIIT	50 min cardio and strength Interval training	Cardio – Strength – Multi Level
Step Aerobics	45 min cardio workout with arm movements	Cardio – Multi
Barre	50 min combines attributes of Pilates, dance, & strength training to Sculpt and tone the body	Strength – Multi Level
Power Yoga	60 min yoga class that is more challenging vinyasa flow	Mobility – Multi Level
Yoga	60 min yoga class that builds a strong body with balance, strength and flexibility	Mobility – Multi Level
Stretch & Flex	60 min stretching of the whole body that incorporates Tai Chi	Mobility - Beginner
Chair Aerobics	50 min sitting and standing class that strengthens the body with band and free weights	Mobility - Beginner
Zumba Gold	45 min rhythmic moving lower intensity dancing	Cardio - Beginner
Zumba	60 min energizing high intensity Latin based dance	Cardio – Multi Level
Core & More	50 min core focused class with some additional body toning	Strength – Multi Level
Kickboxing	60 min cardio workout that uses martial arts technique	Cardio – Multi Level
Interval Tone	60 min class that tones the body doing sets and using free weights	Strength – Multi Level
High Fitness	50 Min class that is old school aerobics and dance with new aged music	Cardio – Multi Level
Cardio Pump	60 min cardio workout that incorporates free weights	Cardio – strength – Multi Level
Pump & Burn	60 min strength class uses barbell weights that incorporates cardio	Strength - Cardio – Multi Level
Shallow Water Aerobics	50 min class workouts the whole-body using water weights in the shallow area	Strength - Beginner
Tabata	30 minute Intense cardio in short intervals	Cardio- Multi Level