



The Hattiesburg Y November 2021

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15AM HIIT In The Gym Terrica	6AM Beginner Yoga Monica	5:15AM HIIT IN The Gym Terrica	6AM Beginner Yoga Monica	5:15AM HIIT In The Gym Terrica	9AM Tabata Jamie
5:15AM SPIN Courtney	8AM Pump & Burn Tami	8AM Kickboxing Tami	8AM Pump & Burn Tami	8:15AM High Fitness Amy	10:15AM Zumba Toning Sylvia
8:15AM Core & More Nelly	8:15AM HIIT In The Gym Amy	9:15AM Chair Aerobics Amy	8:15AM HIIT In The Gym Janis	9:15AM Chair Aerobics Amy	
9:15AM Chair Aerobics Delexis	9:00AM Water Aerobics Nancy	10:15AM Zumba Gold Sylvia	9:00AM Water Aerobics Nancy	10:15AM Power Yoga Kelly	
10:15AM Zumba Gold Sylvia	10:15AM Barre & Ball Julie	10:15AM Stretch & Flex Lindalee	9:15AM High Fitness Janis	11:15AM Stretch & Flex Lindalee	
11:15AM Stretch & Flex Lindalee	11:15AM Beginner Yoga Monica	4:15PM Core & More Julie	10:15AM Barre Julie		
4:15PM Core & More Julie	4:15PM Step Aerobics Shannon	5:30PM HIIT In The Gym Courtney	4:15PM Step Aerobics Shannon		
6:30PM Body Pump In The Gym Terrica	5PM High Fitness Nelly	6:30PM Body Pump In The Gym Terrica	5PM Zumba Sylvia		
	6PM Tabata Jamie		6PM Tabata Jamie		

- SPIN
- GYM
- POOL
- Aerobics
Room

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
Body Pump	50 min Using light to moderate weights with lots of reps, BODYPUMP gives you a total body workout.	Cardio-Strength– Multi Level
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