



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Southeast Family YMCA Group Exercise Schedule January 2019

www.ymcahuntsville.org 256.883.9622

	Mon	Tue	Wed	Thu	Fri	Sat
5:00a	5:15am Spin 5:30am @ Step 6:00am@ Core Focus	5:30a @ ViPR Conditioning Demo Jan 29th 5:30am Pilates	5:30 am Strength Train	5:15am Spin 5:30 am Pilates	5:15am Spin 5:30am** Power Hour	@30 min class *Meet in Multipurpose Room **Meet in new Gym
8:00a	8:00am* Silver Fit		8:00 am* Silver Fit		8:00 am* Silver Fit	
8:30a	8:30am Strength Train	8:30am Group Centergy	8:30 am Zumba	8:30 am Group Centergy	8:30 am Defend	8:30 am Zumba 8:30am Spin
9:00a	9:00am* Body Barre	9:00am* Gentle Yoga		9:00am Gentle Yoga	9:00 am* Body Barre	9-10:30 am* Gentle Yoga
9:30a	9:30am Zumba 9:30am Spin	9:30am** Power Hour 9:30am BODYATTACK	9:30 am Group Centergy 9:30am Spin 9:45am* Power Flow Yoga	9:30am ** Power Hour 9:30am Defend	9:30 am Zumba 9:30am Spin	9:30 am BODYATTACK
10:00a	10:00am* Power Flow Yoga				10:00 am* Power Flow Yoga	
10:45a	10:45am Strength Train Together	10:30a @ ViPR Move Demo Jan 29th	10:45 am Strength Train 10:45am@ Spin 101		10:45 am Strength Train 10:45am@ Spin 101	10:45 am Strength Train
11:00a	11:00am* Beginner Yoga 11:45am@ BODYATTACK 3D 12:15pm@	11:00am Back to Basics	11:00 am* Beginning Yoga 11:45am@ BODYATTACK 3D 12:15pm@	11:00am Back to Basics 11:45am@		11:45 am @ ViPR Move Jan 26th -Classes in red are a great place to start. -Classes that say Rotate- please look on the back for the instructor listed
4:00p	4:15pm Strength Train Together	4:15pm Defend	3:45p* Kids Yoga 4:15p Strength Train	4:15pm* Kids Dance 4:30pm@ HIIT & ViPIR Conditioning Demo Jan 31st	4:15pm Strength Train	-Classes in purple on back of schedule are launches
5:00p		5:15pm@ Core Focus		5:00 pm@ Core Focus		Sunday Classes 2:00pm Pound 3:00pm ZUMBA 4:00pm Defend
5:30p	5:30pm BODYATTACK	5:30pm* Group Centergy 5:45pm Strength Train	5:30pm ZUMBA	5:30pm* Group Centergy 5:45pm BODYATTACK	5:30pm ZUMBA	
6:00p	6:30pm Pilates	6:00pm Spin 6:45pm* Yoga 6:45pm Pound	6:30pm Pilates	6:00pm Spin 6:45pm Strength Train 6:45pm* Yoga		

Southeast Family YMCA

January 2019 GROUP EXERCISE SCHEDULE

Mon	Tue	Wed	Thu	Fri	Sat/Sun
<p>Class changes: Adv Pilates on Tues and Thurs has been changed to Group Centergy mainly because instructor is not able to cross Cecil Ashburn over this next year.</p> <p>We have several Demo classes with the new VIPR Move and VIPR Conditioning scheduled later in January. Look at the Schedule to find a class to try!</p>	<p>1</p> <p>Classes Cancelled HAPPY NEW YEAR YMCA IS Open 8a-2p</p> 	<p>2</p> <p>5:30a Strength Train™ Christi *8:00a Silver Fit Christi 8:30a ZUMBA Rachel 9:30a Group Centergy™ Amanda 9:30a Spin Strength Eric *9:45a Pwr Flow Yoga Jennifer 10:45a Strength Train™ Bridget @11:45a BODYATTACK™ 3D Amber *10:45a Spin 101 Eric *11:00a Begin. Yoga Kristie *3:45p Kids Yoga Anita 4:15p Strength Train™ Nikole 5:30p ZUMBA Mandi 6:30p Pilates Christi</p>	<p>3</p> <p>5:15a Spin Endurance Laura 5:30a Pilates Christi 8:30a Group Centergy™ Amanda *9:00a Gentle Yoga Amy 9:30a Defend Sharon **9:30a Power Hr Kristin 11:00a Back to Basics Kristin *4:15p Kids Dance Kandy @4:30p HITT Marvin @5:00p Core Focus Diana *5:30p Group Centergy™ Diana 5:45p BODYATTACK™ Amber 6:00p Spin Race Day Susi B 6:45p Strength Train™ Diana *6:45p Yoga Anita</p>	<p>4</p> <p>5:15a Spin Strength Tom **5:30a Power Hr Kristin *8:00a Silver Fit Amanda 8:30a Defend Diana *9:00a Body Barre Jennifer 9:30a ZUMBA Jennifer J 9:30a Spin Race Day AC *10:00a Power Flow Yoga Jennifer 10:45a Strength Train™ Kristin @10:45a Spin 101 Sharon 4:15p Strength Train™ Christi 5:30p ZUMBA Beth</p>	<p>5</p> <p>8:30a ZUMBA Jennifer J 8:30am Spin Endurance AC *9-10:30a Gentle Yoga Kristie 9:30a BODYATTACK™ Bridget 10:45a Strength Train™ Sherill</p> <p>6</p> <p>2:00p POUND Nancy 3:00p ZUMBA Kandy 4:00p Defend Launch Team Teach</p>
<p>7</p> <p>5:15a Spin Race Day Dana @5:30a Step & Sculpt Kristin @6:00a Core Focus Kristin *8:00a Silver Fit Michelle 8:30a Strength Train™ Diana *9:00a Body Barre Paige 9:30a ZUMBA Kandy 9:30a Spin Interval Maria *10:00a Power Flow Yoga Jennifer 10:45a Strength Train™ Kristin *11:00a Begin. Yoga Kristie @11:45a BODYATTACK™ 3D Amber 4:15p Strength Train™ Christi 5:30p BODYATTACK™ Jennifer 6:30p Pilates Christi</p>	<p>8</p> <p>5:30a Pilates Christi 8:30a Group Centergy™ Launch Team Teach *9:00a Gentle Yoga Anita 9:30a BODYATTACK™ Sharon **9:30a Power Hr Kristin 11:00a Back to Basics Sharon 4:15p Defend Bridget @5:15p Core Focus Christi *5:30p Group Centergy™ Amanda 5:45p Strength Train™ Diana 6:00p Spin Strength Chris J *6:45P Yoga Amy 6:45p Pound Jennifer D</p>	<p>9</p> <p>5:30a Strength Train™ Kristin *8:00a Silver Fit Christi 8:30a ZUMBA Rachel 9:30a Group Centergy™ Amanda 9:30a Spin Strength Eric *9:45a Pwr Flow Yoga Jennifer 10:45a Strength Train™ Terri @11:45a BODYATTACK™ 3D Amber *10:45a Spin 101 Eric *11:00a Begin. Yoga Kristie *3:45p Kids Yoga Anita 4:15p Strength Train™ Nikole 5:30p ZUMBA Jane 6:30p Pilates Christi</p>	<p>10</p> <p>5:15a Spin Strength Laura 5:30a Pilates Christi 8:30a Group Centergy™ Amanda *9:00a Gentle Yoga Amy 9:30a Defend Bridget **9:30a Power Hr Kristin 11:00a Back to Basics Kristin *4:15p Kids Dance Kandy @4:30p HITT Marvin @5:00p Core Focus Diana *5:30p Group Centergy™ Diana 5:45p BODYATTACK™ Amber 6:00p Spin Endurance Susi B 6:45p Strength Train™ Diana *6:45p Yoga Anita</p>	<p>11</p> <p>5:15a Spin Endurance Tom **5:30a Power Hr Kristin *8:00a Silver Fit Amy 8:30a Defend Amber *9:00a Body Barre Jennifer 9:30a ZUMBA Kandy 9:30a Spin Endurance AC *10:00a Pwr Flow Yoga Jennifer 10:45a Strength Train™ Kristin @10:45a Spin 101 Sharon 4:15p Strength Train™ Christi 5:30p ZUMBA Mandi</p>	<p>12</p> <p>8:30a ZUMBA Mandi 8:30am Spin Strength Laura *9-10:30a Gentle Yoga Kristie 9:30a BODYATTACK™ Chris L 10:45a Strength Train™ Bridget</p> <p>13</p> <p>2:00p POUND Jennifer D 3:00 ZUMBA Beth 4:00p Defend Amber</p>
<p>14</p> <p>5:15a Spin Endurance Dana @5:30a Step & Sculpt Kristin @6:00a Core Focus Kristin *8:00a Silver Fit Michelle 8:30a Strength Train™ Diana *9:00a Body Barre Paige 9:30a ZUMBA Kandy 9:30a Spin Race Day Maria *10:00a Power Flow Yoga Jennifer 10:45a Strength Train™ Terri *11:00a Begin. Yoga Kristie @11:45a BODYATTACK™ 3D Amber 4:15p Strength Train™ Christi 5:30p BODYATTACK™ Jennifer 6:30p Pilates Christi</p>	<p>15</p> <p>5:30a Pilates Christi 8:30a Group Centergy™ Amber *9:00a Gentle Yoga Anita 9:30a BODYATTACK™ Sharon **9:30a Power Hr Kristin 11:00a Back to Basics Sharon 4:15p Defend Bridget @5:15p Core Focus Diana *5:30p Group Centergy™ Amanda 5:45p Strength Train™ Diana 6:00p Spin Endurance Tom *6:45P Yoga Amy 6:45p Pound Nancy</p>	<p>16</p> <p>5:30a Strength Train™ Christi *8:00a Silver Fit Christi 8:30a ZUMBA Rachel 9:30a Group Centergy™ Amanda 9:30a Spin Endurance Eric *9:45a Power Flow Yoga Jennifer 10:45a Strength Train™ Bridget @11:45a BODYATTACK™ 3D Amber *10:45a Spin 101 Eric *11:00a Begin. Yoga Kristie *3:45p Kids Yoga Anita 4:15p Strength Train™ Amber 5:30p ZUMBA Mandi 6:30p Pilates Christi</p>	<p>17</p> <p>5:15a Spin Interval Laura 5:30a Pilates Christi 8:30a Group Centergy™ Amanda *9:00a Gentle Yoga Amy 9:30a Defend Sharon **9:30a Power Hr Kristin 11:00a Back to Basics Kristin *4:15p Kids Dance Kandy @4:30p HITT Marvin @5:00p Core Focus Diana *5:30p Group Centergy™ Diana 5:45p BODYATTACK™ Amber 6:00p Spin Strength Susi B 6:45p Strength Train™ Diana *6:45p Yoga Anita</p>	<p>18</p> <p>5:15a Spin Race Day Tom **5:30a Power Hr Kristin *8:00a Silver Fit Amanda 8:30a Defend Diana *9:00a Body Barre Jennifer 9:30a ZUMBA Jennifer J 9:30a Spin Endurance AC *10:00a Power Flow Yoga Jennifer 10:45a Strength Train™ Kristin @10:45a Spin 101 Sharon 4:15p Strength Train™ Christi 5:30p ZUMBA Kandy</p>	<p>19</p> <p>8:30a ZUMBA Jane 8:30am Spin Endurance Terry C *9-10:30a Gentle Yoga Kristie 9:30a BODYATTACK™ Amber 10:45a Strength Train™ Nikole</p> <p>20</p> <p>2:00p POUND Nancy 3:00 ZUMBA Jennifer J 4:00p Defend Bridget</p>
<p>21</p> <p>5:15a Spin Interval Dana @5:30a Step & Sculpt Kristin @6:00a Core Focus Kristin *8:00a Silver Fit Michelle 8:30a Strength Train™ Diana *9:00a Body Barre Paige 9:30a ZUMBA Kandy 9:30a Spin Endurance Maria *10:00a Power Flow Yoga Jennifer 10:45a Strength Train™ Kristin *11:00a Begin. Yoga Kristie @11:45a BODYATTACK™ 3D Amber 4:15p Strength Train™ Christi 5:30p BODYATTACK™ Jennifer 6:30p Pilates Christi</p>	<p>22</p> <p>5:30a Pilates Christi 8:30a Group Centergy™ Amber *9:00a Gentle Yoga Anita 9:30a BODYATTACK™ Bridget **9:30a Power Hr Kristin 11:00a Back to Basics Sharon 4:15p Defend Sharon @5:15p Core Focus Christi *5:30p Group Centergy™ Amanda 5:45p Strength Train™ Diana 6:00p Spin Interval Chris J *6:45P Yoga Amy 6:45p Pound Nancy</p>	<p>23</p> <p>5:30a Strength Train™ Kristin *8:00a Silver Fit Christi 8:30a ZUMBA Rachel 9:30a Group Centergy™ Amanda 9:30a Spin Race Day Eric *9:45a Pwr Flow Yoga Jennifer 10:45a Strength Train™ Terri @11:45a BODYATTACK™ 3D Amber *10:45a Spin 101 Eric *11:00a Begin. Yoga Kristie *3:45p Kids Yoga Anita 4:15p Strength Train™ Amber 5:30p ZUMBA Jane 6:30p Pilates Christi</p>	<p>24</p> <p>5:15a Spin Race Day Laura 5:30a Pilates Christi 8:30a Group Centergy™ Amanda *9:00a Gentle Yoga Amy 9:30a Defend Bridget **9:30a Power Hr Kristin 11:00a Back to Basics Kristin *4:15p Kids Dance Kandy @4:30p HITT Marvin @5:00p Core Focus Diana *5:30p Group Centergy™ Diana 5:45p BODYATTACK™ Amber 6:00p Spin Interval Susi B 6:45p Strength Train™ Diana *6:45p Yoga Anita</p>	<p>25</p> <p>5:15a Spin Recovery Tom **5:30a Power Hr Kristin *8:00a Silver Fit Amy 8:30a Defend Amber *9:00a Body Barre Jennifer 9:30a ZUMBA Kandy 9:30a Spin Interval AC *10:00a Power Flow Yoga Jennifer 10:45a Strength Train™ Kristin @10:45a Spin 101 Sharon 4:15p Strength Train™ Christi 5:30p ZUMBA Mandi</p>	<p>26 HEALTH FAIR DAY</p> <p>8:30a ZUMBA Jennifer J 8:30am Spin Interval Susi B *9-10:30a Gentle Yoga Kristie 9:30a BODYATTACK™ Chris L 10:45a Strength Train™ Launch Team Launch @11:45a VIPR Move Sharon</p> <p>27</p> <p>2:00p POUND Jennifer D 3:00p ZUMBA Jane 4:00p Defend Diana</p>
<p>28</p> <p>5:15a Spin Strength Dana @5:30a Step & Sculpt Kristin @6:00a Core Focus Kristin *8:00a Silver Fit Michelle 8:30a Strength Train™ Diana *9:00a Body Barre Jennifer 9:30a ZUMBA Kandy 9:30a Spin Strength Maria *10:00a Power Flow Yoga Jennifer 10:45a Strength Train™ Terri *11:00a Begin. Yoga Kristie @11:45a BODYATTACK™ 3D Amber 4:15p Strength Train™ Christi 5:30p BODYATTACK™ # 103 Launch Team Teach 6:30p Pilates Christi</p>	<p>29</p> <p>@**5:30a VIPR Conditioning Demo Amanda 5:30a Pilates Christi 8:30a Group Centergy™ Amber *9:00a Gentle Yoga Anita 9:30a BODYATTACK™ Bridget **9:30a Power Hr Kristin @11:00a VIPR Move Demo Amanda 11:30a Back to Basics Sharon 4:15p Defend Sharon @5:15p Core Focus Diana *5:30p Group Centergy™ Amanda 5:45p Strength Train™ Diana 6:00p Spin Strength Chris J *6:45P Yoga Amy 6:45p Pound Jennifer D</p>	<p>30</p> <p>5:30a Strength Train™ Christi *8:00a Silver Fit Christi 8:30a ZUMBA Rachel 9:30a Group Centergy™ Amanda 9:30a Spin Interval Eric *9:45a Pwr Flow Yoga Jennifer 10:45a Strength Train™ Bridget @11:45a BODYATTACK™ 3D Amber *10:45a Spin 101 Eric *11:00a Begin. Yoga Kristie *3:45p Kids Yoga Anita 4:15p Strength Train™ Nikole 5:30p ZUMBA Mandi 6:30p Pilates Christi</p>	<p>31</p> <p>5:15a Spin Strength Laura 5:30a Pilates Christi 8:30a Group Centergy™ Amanda *9:00a Gentle Yoga Amy 9:30a Defend Sharon **9:30a Power Hr Kristin 11:00a Back to Basics Kristin *4:15p Kids Dance Kandy @4:30p VIPR Conditioning Demo Sharon & Christi @5:00p Core Focus Diana *5:30p Group Centergy™ Diana 5:45p BODYATTACK™ Amber 6:00p Spin Endurance Tom 6:45p Strength Train™ Diana *6:45p Yoga Anita</p>	<ul style="list-style-type: none"> - Classes highlighted in "Red" are a great place to start. - Classes marked in "@" are 30 minutes. - Classes marked "*" are classes geared for kids. - Classes marked "**" meet in the Multipurpose Room. - Classes marked "***" meet in the new gym. - Classes marked "#" meet at the Fitness Desk in Fitness Room. - Classes in "Blue" are outside weather permitting. - Classes marked in "Purple" are scheduled events/Launches/ Demonstrations. 	

GROUP EXERCISE CLASS DESCRIPTIONS

ADVANCED (ADV.) TO INTERMEDIATE (INT.) PILATES- When you're ready to increase the challenge, the Advanced to Intermediate level Pilates class takes you through a dynamic, full-body workout focusing on improving flexibility, core strength, and toning all muscle groups.

BACK TO BASICS-A low impact slower paced class tailored to the specific needs of beginners, seniors and those returning to an exercise program after a long absence. Enjoy a 30-45 minute low impact cardio workout, followed by strengthening and balance exercises.

BARRE CORE, BODY BARRE- A high-energy, intense fat & calorie burning, non-impact workout designed to work every muscle in your body! BARRE Core will sculpt your upper body, streamline your thighs, lift your seat, flatten your abs, and lengthen you from head to toe! Each strength training segment is followed by deep stretching to create a long, lean look and improved range of motion. We promise to leave your body quivering, shaking, and begging for more! Barre Yo- includes yoga breathing, barre work, ab and mat work as well as yoga stretching and relaxation at the end!

BODYATTACK™ (LES MILLS™)- Body Attack is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor! Like all the LES MILLS™ programs, a new BODYATTACK™ class is released every three months with new music and choreography. Team teaches will be once every three months with the launch of new choreography/ music. All instructors will come together and teach a track on the new release. **BODYATTACK™ 3D (LES MILLS™)-** This is a 30 minute express version of BODYATTACK™ but with a more sporty feel! The essence of BODYATTACK™ is still there in this class!

CORE FOCUS TOGETHER™ (MOSSA™) This class trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform - all to challenge you like never before. **HARD CORE!**

DEFEND TOGETHER™ (MOSSA™) Defend Together™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! **FIGHT FOR IT!**

GENTLE YOGA/ BEGINNER (BEGIN.) YOGA- Improve muscle tone, balance, flexibility, and strength. Stretching, breathing, and mindful awareness will be a focus.

GROUP CENTERGY (MOSSA™) Balance and Flex Together will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. **REDEFINE YOUR SELF.**

H.I.I.T. (High Intensity Interval Training)- When it comes to calorie burning during exercise, research shows that H.I.I.T. training (shorter, higher-intensity interval workouts) burns more calories than longer, lower intensity aerobic workouts. You will get results in this class! This class will incorporate shorter segments of high intensity cardio work using the step, floor aerobics, and or the stairs as well as alternating longer segments of weight training.

KIDS DANCE PARTY-This is the ultimate dance fitness party for young dance fans. This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching!

KIDS YOGA- Class is 45 minutes. Improve strength, flexibility, and coordination. ... Kids will also learn self-respect and respect for others with the practice of fun and challenging poses, partner and group poses, lots of **yoga** games, breathing and basic anatomy.

POWER HOUR-A high intensity class filled with strength training, plyometrics, and speed drills etc. Take your workout and your body to a whole new level. This is an athletic class!

POWER YOGA/POWER FLOW YOGA-This vinyasa power flow class is lively and energetic. We do not follow a set sequence of postures. You can expect a great cardiovascular and strength building workout combined breath work for greater concentration and focus. Come prepared to take on new challenges with rapid movement through sun salutations and various asanas such as arm balances, twists, backbends, hip openers and a whole lot of core work to tone and balance your body.

PILATES- A new, innovative flexibility and strength class. No impact focusing on core muscle strength and body conditioning. Class is limited to first 24 participants.

POUND™- Created by two female drummers, the [POUND™ workout](#) fuses cardio interval training with drumming to provide a challenging, heart-pumping workout. The constant up-and-down drumming targets your inner and outer thighs, butt, and core. And those drumsticks aren't just for show; at one-fourth pound per stick and a little shorter than the standard length, they're perfectly designed to maximize your arm workout.

SILVER FIT- Stay active! Stay strong! Designed for seniors and older adults, this class helps you keep and improve your Strength, Balance, and Flexibility. No matter your fitness level, instructors use a variety of exercises to make it fun and functional.

SPIN 101- This is a 30 minute spin class for beginners, or seniors. This class will mainly focus on endurance rides with some strengthening moves that will be incorporated on the bike. (This class is limited to first 20 participants).

SPIN- This is an exciting class using stationary bikes. Break a sweat and become part of the cycling addiction. Please bring a hand towel and water! (This class is limited to first 20 participants) If new please arrive 15 minutes early to be set up on a spin bike.

STEP & SCULPT - This class combines two all-time favorites. This class alternates five minutes of fat-burning step with two minutes of toning and strengthening exercises to give you the best of both worlds. Burn fat and tone those muscles-all in one hour!

STRENGTH TRAIN TOGETHER™ (MOSSA™) - Strength Train Together will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Strength Train Together combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! **POWER UP!** Every three months we will provide a launch of new choreography and new music. All instructors will come together and teach a track on the new release.

YOGA- Busy day at work or just need to relax! Yoga improves muscle tone, increases flexibility and reduces daily stress. (Class is limited to the first 24.)

ViPR Move Together (MOSSA™) - Move Together will have you feeling and moving better in only 30 minutes. Build *movement health* by mastering the fundamental patterns that encompass everything you do in life. Grow your *movement confidence* with coaching, motivating music, and a supportive group environment that help you succeed.

ViPR Conditioning Together (MOSSA™) - Conditioning Together integrates strength and cardio training to build muscle, burn calories, and improve agility. Revolutionize your whole body using Loaded Movement Training in this three-dimensional experience. Dynamic music drives the energetic 30-minute workout with athletic movements and phases of high-intensity interval training.

ZUMBA -Zumba/Latin Jive fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA/Latin Jive!

