



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule FAMILY Y OF AUGUSTA SOUTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UPCOMING NEWS	5:00pm	Kardio Kids		Kardio Kids		Close @ 4 pm	Close @ 5 pm
Text	5:30pm	Beginner Yoga	Beginner Tae Kwon Do\$\$	Beginner Yoga	Beginner Tae Kwon Do\$\$	Step	
		Funkaerobics	Cardio Combo	Stability Ball Core	Double Step		
		Cycle	Beginner Cycle	Cycle	Cycle		
	6:00pm	Y-Fit	Y-Fit	Y-Fit	Y-Fit		
	6:30pm	Strength	Advanced Tae Kwon Do\$\$	Strength	Advanced Tae Kwon Do\$\$	Cardio Dance	
		Step	Stability Ball Toning	Cardio Dance	Stability Ball Toning		
		Cycle	Cycle	Cycle	Beginner Cycle		
	7:00pm		Y-Fit On Ramp		Y-Fit On Ramp		
	7:30pm	Zumba	Total Body Toning	Abs & More		Close @ 8 pm	
		Close @ 9 pm	Close @ 9 pm	Close @ 9 pm	Close @ 9 pm		



Class Descriptions

Cardio Combo: Mix of step, crunch & kick, hi/low aerobics, intervals, circuit training, weights, and/or floor work. Instructor's Choice. All Levels.

Cardio Dance: This is a high energy dance class featuring various dance styles that will not only get your heart pumping but tone you as well.

Abs & More: A 30 minute Blast session of abdominal exercises as well as some total body conditioning.

Funkaerobics: This fun and energetic class is a low-impact workout, which includes jazz steps, funk twist and natural moves with rhythm. If you like to dance, you will love this class.

Kardio Kids: For kids ages 5-12. This is a high-energy play-inspired group fitness class that incorporates cardio as well as strength building exercises. (No direct parental supervision required; bring water).

Pi/Yo: A mix of Pilates and yoga.

Cycle: Indoor group cycling that uses heart rate to increase fitness levels. Three energy zones provide a different workout each day. Great for developing cardiopulmonary fitness as well as maximum calorie burn. All Levels. Water Bottle & Towel Needed for this class.

Beginner Cycle: Never tried indoor cycling before? Come to intro and get set up properly on a bike and record your setting numbers while getting instruction on basic skills to perform at your best.

Stability Ball Core Training: Work your core (abs & low back) with the stability ball.

Stability Ball Toning: Teaches strength and conditioning exercises using a stability ball for total body toning. All Levels.

Step: A choreographed step workout with fun cardio combinations.

Step & Sculpt: Awesome cardio on the step followed by weights and floor work. All Levels.

Strength: Using dumbbells and your body weight to build strength and tone in a group setting.

Strength/Core & More: This class hits it all! A full body workout that finishes with abs/core.

Double Step: If you like step aerobic this will be double the fun! Using 2 steps for an intense workout which helps tone the major muscle groups. Intermediate – Advanced.

Y-FIT: High-energy workout to strengthen and tone your entire body using functional movements. Constantly Varied Functional Movement at High Intensity.

Y-Fit On Ramp: Feeling intimidated or don't think you can 'do' the Y-Fit class? Well the On Ramp program is for you! Come and learn the fundamental movements and prepare yourself to try something new. This program will get you ready to move into the regular Y-Fit class.

Yoga: Mind & Body class. Strengthens and stretches muscles, calms and relaxes the mind. All Levels. Mat Needed for this class.

Zumba: High-energy dance class featuring Latin and international music.