



GROUP FITNESS

NOVEMBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Aquacise 9-10AM Pilates 9-10AM Aquablast 6-6:45PM	3 Strength Train Together 6-7AM TBD Lifestyle Splash 9-10AM Yoga w/ Snow 9-10AM Chair Yoga 10:15-11AM Core de Force 5:30-6:30PM	4 Aquacise 9-10AM Strength Train Together w/ Ember 5:30-6:30PM	5 Lifestyle Splash 9-10AM Pilates 9-10AM Aquablast 6-6:45PM	6 Aquacise 9-10AM Yoga w/ Carrie 9-10AM Core de Force 5:30-6:30PM	7 Strength Train Together w/ Leslie 8:30 - 9:30am Aquablast 9:15AM
8	9 Aquacise 9-10AM Pilates 9-10AM Aquablast 6-6:45PM	10 Strength Train Together w/ Leslie 6-7AM Lifestyle Splash 9-10AM Yoga w/ Snow 9-10AM Chair Yoga 10:15-11AM Core de Force 5:30-6:30PM	11 VETERANS DAY Aquacise 9-10AM Strength Train Together w/ Leslie 5:30-6:30PM 	12 Lifestyle Splash 9-10AM Pilates 9-10AM Aquablast 6-6:45PM	13 Aquacise 9-10AM Yoga w/ Carrie 9-10AM Core de Force 5:30-6:30PM	14 Strength Train Together w/ Ember 8:30-9:30AM Aquablast 9:15-10AM
15	16 Aquacise 9-10AM Pilates 9-10AM Aquablast 6-6:45PM	17 Strength Train Together w/ Leslie 6-7AM Lifestyle Splash 9-10AM Yoga w/ Snow 9-10AM Chair Yoga 10:15-11AM Core de Force 5:30-6:30PM	18 Aquacise 9-10AM Strength Train Together w/ Chase 5:30-6:30PM	19 Lifestyle Splash 9-10AM Pilates 9-10AM Aquablast 6-6:45PM	20 Aquacise 9-10AM Yoga w/ Carrie 9-10AM Core de Force 5:30-6:30PM	21 Strength Train Together w/ Leslie 8:30-9:30AM Aquablast 9:15-10AM
22	23 Aquacise 9-10AM Pilates 9-10AM Aquablast 6-6:45PM	24 Strength Train Together w/ Leslie 6-7AM Lifestyle Splash 9-10AM Yoga w/ Snow 9-10AM Chair Yoga 10:15-11AM Core de Force 5:30-6:30PM	25 Aquacise 9-10AM Strength Train Together w/ Ember 5:30-6:30PM	26 CLOSED FOR THANKSGIVING 	27 Aquacise 9-10AM Yoga w/ Carrie CANCELED Core de Force CANCELED	28 Strength Train Together w/ Leslie & Chase 8:30-9:30AM Aquablast 9:15 - 10AM
29	30 Aquacise 9-10AM Pilates 9-10AM Aquablast 6-6:45PM	Dec 1 Strength Train Together 6-7AM Lifestyle Splash 9-10AM Yoga w/ Snow 9-10AM Chair Yoga 10:15-11AM Core de Force 5:30-6:30PM	Dec 2 Aquacise 9-10AM Strength Train Together 5:30-6:30PM	Dec 3 Lifestyle Splash 9-10AM Pilates 9-10AM Aquablast 6-6:45PM	Dec 4 Aquacise 9-10AM Yoga w/ Carrie 9-10AM Core de Force 5:30-6:30PM	Dec 5 Strength Train Together 8:30-9:30AM Aquablast 9:15 - 10AM

NOVEMBER FITNESS



ALL FITNESS CLASSES FREE FOR MEMBERS!
POTENTIAL MEMBERS: \$8 PER CLASS

HIGH IMPACT

STRENGTH TRAIN TOGETHER -

Tu @ 6-7AM, W @ 5:30-6:30PM, Sat @ 8:30-9:30AM, 1hr

This 1hr class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout 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.

CORE DE FORCE - Tu, F @ 5:30PM, 1hr

High-energy, non-contact group fitness class that mixes MMA-inspired cardio drills with explosive power moves for a full-body conditioning workout. Cardio spikes burn major calories. And your own body weight provides resistance—no equipment needed.

STRETCH & STRENGTHEN

YOGA - Tu & F @ 9AM, 1hr

This class is geared to improve health, performance, and mental acuity. We combine balance, strength, flexibility, and power to connect our minds and bodies and to improve overall health. This type of yoga that can be understood and done by people at many different levels of fitness.

CHAIR YOGA - Tu @ 10:15AM, 45min

Enjoy the benefits of Yoga in a safe, gentle program. Increase flexibility, range of motion, and core strength. Chair Yoga is great for seniors and people who are unable to sit on the ground.

PILATES - M & Th @ 9AM, 1hr

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.



WATER FITNESS

LIFESTYLE SPLASH - Tu, Th @ 9AM, 1hr

This class is a water resistant training workout for all ages. Focusing on building muscle strength and improving endurance, coordination, and balance. This is a great class for the active adult or active older adult.

AQUACISE - M, W, F @ 9AM, 1hr

This complete workout includes aerobics with the added benefit of water resistance. The focus is on muscular strength and endurance while incorporating aerobics.

AQUABLAST - M, Th @ 6PM, Sat @ 9:15AM, 45min

This is an upbeat class choreographed to music to really get you moving. The water adds great resistance but keeps it low-impact. Great for beginner and advanced exercisers alike!

WANT MORE? TRY PERSONAL TRAINING!



Chase Kinard - Personal Trainer

Certified by National Academy of Sports Medicine

Members: \$40 per 1hr session

Non-Members: \$45 per 1hr session

Email: chasek@mcymca.com

Call/Text: 470-277-5700

GET 1ST 3 SESSIONS FOR HALF-OFF!!

BUY 9 SESSIONS GET THE 10th ONE FREE!

ASSESSMENTS ARE ALWAYS FREE!

Drew Carbaugh - Personal Trainer

Certified by National Academy of Sports Medicine

Members: \$40 per 1hr session

Non-Members: \$45 per 1hr session

Email: drewc@mcymca.com

Call/Text: 308-991-7725

GET 1ST 3 SESSIONS FOR HALF-OFF!!

BUY 9 SESSIONS GET THE 10th ONE FREE!

SIGN UP WITH A FRIEND FOR DISCOUNTS!

