



FEBRUARY FITNESS



ALL FITNESS CLASSES FREE FOR MEMBERS! POTENTIAL MEMBERS: \$5 FOR 30 MIN CLASSES AND \$8 FOR ALL OTHER CLASSES

HIGH IMPACT

BOOT CAMP - M, W, F @ 5:15AM, 1hr

Enjoy a high energy and intense workout that focuses on core and resistance exercises. It is a great way to have fun and get fit!

STRENGTH TRAIN TOGETHER -

Tu @ 6-7AM, W @ 5:30-6:30PM, Sat @ 8:30-9:30AM, 1hr
EXPRESS CLASS - Fri @ Noon - 12:30PM, 30min

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.

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 - Tu, W, 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!

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.

TAI CHI - W @ 9AM, 1hr

Tai Chi combines slow, deliberate movements, meditation, and breathing exercises. It can help your circulation, balance, and alignment, and help restore your energy.

PILATES - M, Th @ 5:30PM, 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.

BEGINNER STRENGTH - F @ 10:30AM, 30min

Strength training is a great supplement to your walking or other cardiovascular exercise regimen. We work with resistance bands, dumbbells, and our own body's resistance to work on strength, stamina and balance. Can be done sitting.

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!



FEBRUARY 2020

MCYMCA GROUP FITNESS CLASSES

*Denotes Aquatics Class

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jan 26	Jan 27 Boot Camp 5:15-6:15AM Aquacise* 9-10AM Pilates 5:30-6:30PM	Jan 28 Strength Train Together w/ Chase @ 6-7AM Lifestyle Splash* 9-10AM Yoga 9-10AM Chair Yoga 10:15-11AM Core de Force 5:30-6:30PM AQUABLAST* 6-6:45PM	Jan 29 Boot Camp 5:15-6:15AM Aquacise* 9-10AM Tai Chi 9-10AM Strength Train Together w/ Leslie 5:30-6:30PM AQUABLAST* 6-6:45PM	Jan 30 Lifestyle Splash* 9-10AM Pilates 5:30-6:30PM AQUABLAST* 6-6:45PM	Jan 31 Boot Camp 5:15-6:15AM Aquacise* 9-10AM Yoga 9-10AM Beginner Strength 10:30-11AM Strength Train Together EXPRESS! w/ Leslie Noon - 12:30PM Core de Force 5:30-6:30PM	1 Strength Train Together 8:30-9:30AM w/ Leslie AQUABLAST* 9:15-10AM
2	3 Boot Camp 5:15-6:15AM Aquacise* 9-10AM Pilates 5:30-6:30PM	4 Strength Train Together w/ Leslie @ 6-7AM Lifestyle Splash* 9-10AM Yoga 9-10AM Chair Yoga 10:15-11AM Core de Force 5:30-6:30PM AQUABLAST* 6-6:45PM	5 Boot Camp 5:15-6:15AM Aquacise* 9-10AM Tai Chi 9-10AM Strength Train Together w/ Ember & Chase 5:30-6:30PM AQUABLAST* 6-6:45PM	6 Lifestyle Splash* 9-10AM Pilates 5:30-6:30PM AQUABLAST* 6-6:45PM	7 Boot Camp 5:15-6:15AM Aquacise* 9-10AM Yoga 9-10AM Beginner Strength 10:30-11AM Strength Train Together EXPRESS! w/ Leslie & Chase Noon - 12:30PM Core de Force 5:30-6:30PM	8 Strength Train Together w/ Ember - VALENTINE'S THEMED CLASS 8:30-9:30AM AQUABLAST* 9:15-10AM
9	10 Boot Camp 5:15-6:15AM Aquacise* 9-10AM Pilates 5:30-6:30PM	11 Strength Train Together w/ Leslie @ 6-7AM Lifestyle Splash* 9-10AM Yoga 9-10AM Chair Yoga 10:15-11AM Core de Force 5:30-6:30PM AQUABLAST* 6-6:45PM	12 Boot Camp 5:15-6:15AM Aquacise* 9-10AM Tai Chi 9-10AM Strength Train Together w/ Leslie 5:30-6:30PM AQUABLAST* 6-6:45PM	13 Lifestyle Splash* 9-10AM Pilates 5:30-6:30PM AQUABLAST* 6-6:45PM	14 Valentine's Day Boot Camp 5:15-6:15AM Aquacise* 9-10AM Yoga 9-10AM Beginner Strength 10:30-11AM Strength Train Together EXPRESS! w/ Leslie & Chase Noon - 12:30PM Core de Force 5:30-6:30PM	15 Strength Train Together w/ Leslie & Ember 8:30-9:30AM AQUABLAST* 9:15-10AM
16	17 Boot Camp 5:15-6:15AM Aquacise* 9-10AM Pilates 5:30-6:30PM	18 Strength Train Together w/ Leslie @ 6-7AM Lifestyle Splash* 9-10AM Yoga 9-10AM Chair Yoga 10:15-11AM Core de Force 5:30-6:30PM AQUABLAST* 6-6:45PM	19 Boot Camp 5:15-6:15AM Aquacise* 9-10AM Tai Chi 9-10AM Strength Train Together w/ Ember 5:30-6:30PM AQUABLAST* 6-6:45PM	20 Lifestyle Splash* 9-10AM Pilates 5:30-6:30PM AQUABLAST* 6-6:45PM	21 Boot Camp 5:15-6:15AM Aquacise* 9-10AM Yoga 9-10AM Beginner Strength 10:30-11AM Strength Train Together EXPRESS! w/ Leslie & Chase Noon - 12:30PM Core de Force 5:30-6:30PM	22 Strength Train Together w/ Leslie & Ember 8:30-9:30AM AQUABLAST* 9:15-10AM
23	24 Boot Camp 5:15-6:15AM Aquacise* 9-10AM Pilates 5:30-6:30PM	25 Strength Train Together w/ Leslie @ 6-7AM Lifestyle Splash* 9-10AM Yoga 9-10AM Chair Yoga 10:15-11AM Core de Force 5:30-6:30PM AQUABLAST* 6-6:45PM	26 Boot Camp 5:15-6:15AM Aquacise* 9-10AM Tai Chi 9-10AM Strength Train Together w/ Ember 5:30-6:30PM AQUABLAST* 6-6:45PM	27 Lifestyle Splash* 9-10AM Pilates 5:30-6:30PM AQUABLAST* 6-6:45PM	28 Boot Camp 5:15-6:15AM Aquacise* 9-10AM Yoga 9-10AM Beginner Strength 10:30-11AM Strength Train Together EXPRESS! w/ Leslie & Chase Noon - 12:30PM Core de Force 5:30-6:30PM	29 Strength Train Together w/ Ember & Leslie 8:30-9:30AM AQUABLAST* 9:15-10AM