

Y-Fit Class Schedule

April 1 – May 31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	 w/ Kim 60 min **5:15 start**	 w/ Katie F 45 min	 w/ Kim 60 min **5:15 start**	 w/ Katie F 45 min	Barre/Pilates w/Kim 30 min	
6:30 am	Fitness ABCs w/ Libby 45 min *free for members		Fitness ABCs w/ Libby 45 min *free for members		Fitness ABCs w/ Libby 45 min *free for members	Barre None w/ Robyn 45 min *NEW FREE IN MAY*
8:30 am	 w/ Molly 55 min	 w/ Jonna 60 min	 w/ Jonna 55 min	 w/ Jonna 60 min	 Molly or Jonna 55 min	9:15 am  Instructor Varies 45 min
9:45 am	 w/ Molly 45 min *members get free	Essential Fitness w/ Leslee 45 min	 Circuit Class 45 min *members get free	Essential Fitness w/ Leslee 45 min	 w/ Molly 55 min *members get free	10:00 am  Instructor Varies 60 min
10:35 am	Fitness ABCs w/ Libby 30 min *free for members	 w/ Leslee 60 min	Fitness ABCs w/ Libby 30 min *free for members	 w/ Leslee 60 min	Fitness ABCs w/ Libby 30 min *free for members	
11:05 am	Mat Pilates w/ Libby 40 min		Mat Pilates w/ Libby 40 min		Mat Pilates w/ Libby 40 min	
4:45 pm	Total Body w/ Robyn 45 min	 w/ Jill 60 min	Step w/ Robyn 45 min	 w/ Jill 60 min		
5:30 pm Studio 1	 w/ Jill 45 min		 w/ Katie F. 55 min			STUDIO 1 RESERVED 5:45 – 6:30
5:30 pm Studio 2	Indoor Cycling w/ Katie R. 40 min					
6:00 pm	6:15 pm  w/ Leslee 60 min	 w/ Kenz 60 min	STUDIO 1 RESERVED 6:30 – 9:30	 w/ Kenz 60 min		



Y-Fit Class Descriptions

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Les Mills BodyPump: Challenge all major muscle groups by utilizing weight room exercises like squats, presses, lifts, and curls. Great music will inspire you to get the results you came for - and fast!

Les Mills BodyCombat: A high-energy, non-contact martial arts-inspired workout. Punch and kick your way to fitness with moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu.

Total Body: This cardio interval class, which can be low-impact dance or step, utilizes the resistance ball and weights for a total body workout!

Step: Basic to advanced choreography on the Reebok Step, mixed with great music & fun!

REFIT®: The focus is structured around CardioDance movements, toning and flexibility, strength training and stretching are also incorporated into the REFIT workout.

***Silver Sneakers:** Silver Sneakers classes increase muscular strength, range of movement, and activity for daily living skills. A chair is used for seated and/or standing support.

***Silver Sneakers Circuit:** A standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

Essential Fitness: Stretching, resistance training, cardio, & core work for all fitness levels.

***Fitness ABCs:** All Body and Core Strengthening, with cardio, light weights, and more!

Mat Pilates: Perform original mat repertoire to strengthen and lengthen your muscles while improving overall flexibility.

Indoor Cycling: Experience the ultimate cardio burn in this high-energy cycling class for all fitness levels!

***Barre None:** This class will strengthen & tone you to the core! Using a mix of isometric exercise, low weight dumbbells, bands and mats, we will find & tone muscles we didn't even know we had! A great stretch will send you on your way to conquer your day!

***Classes marked with an asterisk (*) are free for members**

Y-Fit Class Rates

\$96/member if prepaid for the year
\$10/month, member drafted with dues
\$40/month for potential members

Drop-in Rate

Member, \$2.50
Potential Member, \$4.00

Cancellation Policy

When Fulton Public Schools are cancelled, Child Watch and morning Y-FIT classes CANCELED for that day. A decision regarding evening classes and Child Watch will be made midday. If Fulton Public Schools are canceled for a second (third, fourth, etc) day in a row, the Y will open normal hours with Y-FIT classes still canceled.