

Y-Fit Class Schedule

January 1 – March 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		
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	
8:30 am	 w/ Molly 55 min	 w/ Jonna 60 min	 w/ Jonna 55 min	 w/ Molly 60 min	 Molly or Jonna 55 min	Step w/ Robyn 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	9:15 am  Instructor Varies 45 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	10:00 am  Instructor Varies 60 min
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/ Katie F. 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 resist-a-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. The workout formula is easy to follow and will both challenge fitness enthusiasts and welcome beginners.

***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! This free class is available to all Y members!

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!

***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.