



# Y-Fit Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am	5:15 START LES MILLS BODYPUMP W/ KIM 60 MIN	POWER 30 W/ KATIE 30 MIN	5:15 START LES MILLS BODYPUMP W/ KIM 60 MIN	POWER 30 W/ KATIE 30 MIN	
6:30am					
8:15 am	LES MILLS BODYPUMP W/ JILL 60 MIN		LES MILLS BODYPUMP W/ JILL 60 MIN		
9:45am	SILVER SNEAKERS W/ JILL 45 MIN	REFIT W/ LESLEE 60 MIN	SILVER SNEAKERS W/ JILL 45 MIN	REFIT W/ LESLEE 60 MIN	
11:30am	<u>FITNESS ABCs</u> W/ SHAYNA 45 MIN		<u>FITNESS ABCs</u> W/ SHAYNA 45 MIN		
4:45pm	BUTTS & GUTS W/ DANIELLE 30 MIN	LES MILLS BODYPUMP W/ DANIELLE 60 MIN	BUTTS & GUTS W/ DANIELLE 30 MIN	LES MILLS BODYPUMP W/ DANIELLE 60 MIN	
5:15pm	YOGA W/DANIELLE 45 MIN		YOGA W/DANIELLE 45 MIN		
6:30pm			KID KARATE 6:30 – 8:30	ADULT KARATE 6:30 – 8:30	

**\*All Classes are Free with Membership\***

# Y-Fit Class Descriptions



**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!



**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.

**YOGA**: Designed as a physical, mental, and spiritual practice or discipline that aims to transform the body and mind through a series of controlled movements and breathing techniques. Feel free to bring your own mat.

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

**BUTTS & GUTS**: Focuses on all core (abdominal and lower back) muscles along with your glutes.

## Cancellation Policy

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

## Community Members are welcome in all our group exercise classes

With the purchase of any of our passes, community members can attend classes for the same