



Y-Fit Class Schedule

Effective August 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am	5:15 START LES MILLS BODYPUMP W/ KIM 60 MIN	POWER 30 W/ KIM 30 MIN	5:15 START LES MILLS BODYPUMP W/ KIM 60 MIN	POWER 30 W/ KIM 30 MIN	WORK IT CIRCUIT W/ COLLEEN 30 MIN
6:30am					
8:30 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	
10:35am	<u>FITNESS ABCs</u> W/ SHAYNA 45 MIN		<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	
5:45pm		YOGA W/DANIELLE 45 MIN		YOGA W/DANIELLE 45 MIN	
6:30pm			STUDIO 1 RESERVED 6:30 – 9:30		

All Classes are Free with Membership

Y-Fit Class Descriptions



: 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!



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



: 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.

WORK IT CIRCUIT: This 30-minute high-intensity interval training class will kick your body into gear.

POWER 30: Interval training for all fitness levels. Combines body weight, muscle conditioning, cardio and plyometric training moves to invigorating music.

Cancelation 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 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.