

# Y-Fit Class Schedule

Effective February 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	 w/ Kim 60 min <b>**5:15 start**</b>	 w/ Katie F 45 min	 w/ Kim 60 min <b>**5:15 start**</b>	 w/ Katie F 45 min		
8:30 am	 w/ Melanie 55 min <b>**8:15 start**</b>	 w/ Jonna 60 min	 w/ Melanie 55 min <b>**8:15 start**</b>	 w/ Jonna 60 min	 w/ Melanie 55 min <b>**8:15 start**</b>	<b>8:30 AM</b> <b>Step-N-Sculpt</b> w/ Robyn 45 min
9:45 am	 w/ Jill 45 min <b>*members get free</b>	 w/ Leslee 60 min	 w/ Jill 45 min <b>*members get free</b>	 w/ Leslee 60 min	 w/ Shayna 45 min <b>*members get free</b>	<b>9:15 am</b>  Instructor Varies 45 min
10:35 am	<b>Fitness ABCs</b> w/ Shayna 45 min <b>*free for members</b>		<b>Fitness ABCs</b> w/ Shayna 45 min <b>*free for members</b>		<b>Fitness ABCs</b> w/ Shayna 45 min <b>*free for members</b>	<b>10:00 am</b>  Instructor Varies 60 min
11:30 am						
4:30 pm Studio 2						
4:45 pm	<b>Total Body</b> w/ Robyn 45 min	 w/ Danielle 60 min	<b>Step</b> w/ Robyn 45 min	 w/ Danielle 60 min		
5:30 pm Studio 1	 w/ Katie F. 45 min		 w/ Katie F. 45 min			
6:15 pm			STUDIO 1 RESERVED 6:30 – 9:30			

# Y-Fit Class Descriptions

**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.

**\*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.

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

**Stretch & Strength:** This class combines Pilates, yoga and stretching to create to create a challenging, rejuvenating workout that will tone every major muscle group. Class is performed barefoot to stimulate balance reflexes and tighten core muscles.

**Step-n-Sculpt:** This class is for the cardio & muscle lover in one! Step aerobics first, then we will focus on different muscle groups with the use of free weights, to tone & strengthen!!

**\*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.