



Y-Fit Class Schedule

Effective February 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	WORK IT CIRCUIT W/ COLLEEN 30 MIN		WORK IT CIRCUIT W/ COLLEEN 30 MIN			
8:30 am		LES MILLS BODYPUMP W/ JILL 60 MIN		LES MILLS BODYPUMP W/ JILL 60 MIN		8:15 START LES MILLS BODYPUMP INSTRUCTOR VARIES 45 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	SILVER SNEAKERS W/ SHAYNA 45 MIN	9:15 START YOGA INSTRUCTOR VARIES 45 MIN
10:35am	FITNESS ABCs W/ SHAYNA 45 MIN	10:45 START TAI CHI W/SHAYNA 60 MIN	FITNESS ABCs W/ SHAYNA 45 MIN	10:45 START TAI CHI W/SHAYNA 60 MIN	FITNESS ABCs 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 Studio I 45 MIN		YOGA W/DANIELLE Studio I 45 MIN		
6:30pm			STUDIO 1 RESERVED 6:30 – 9:30			

VIRTUAL WORKOUTS

High-quality exercise classes available when it fits in YOUR schedule. We have all the equipment you may need. When the Studio I isn't being used for a Y-Fit class or reserved, virtual workouts will be available through a new Smart TV. Sign-up sheet will be available in Studio I for members to reserve 30 mins for a virtual workout. Classes will not be taught by an instructor but rather will be self-service and at your discretion.

Bolded classes are Free for Members

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.

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

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.

TAI CHI: A meditative form of exercise to which practitioners attribute physical, personal and spiritual health benefits including strength and balance.

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.

Y-Fit Class Rates

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

Drop-in Rate

Member, \$2.50
Potential Member, \$4.00
*Underlined classes are free for members

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.