



Y-Fit Class Schedule

Effective May 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	5:15 START LES MILLS BODYPUMP W/ KIM 60 MIN	LES MILLS BODYCOMBAT W/ KATIE 45 MIN	5:15 START LES MILLS BODYPUMP W/ KIM 60 MIN	LES MILLS BODYCOMBAT W/ KATIE 45 MIN		
8:30 am	8:15 START LES MILLS BODYCOMBAT W/ MELANIE 55 MIN	LES MILLS BODYPUMP W/ JILL 60 MIN	8:15 START LES MILLS BODYCOMBAT W/ MELANIE 55 MIN	LES MILLS BODYPUMP W/ JILL 60 MIN	8:15 START LES MILLS BODYCOMBAT W/ MELANIE 55 MIN	8:30 AM LES MILLS BODYCOMBAT INSTRUCTOR VARIES 45 MIN
9:45 am	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	9:30 AM LES MILLS BODYPUMP INSTRUCTOR VARIES 45 MIN
10:35 am	FITNESS ABCs W/ SHAYNA 45 MIN	10:45 start TAI CHI W/SHAYNA 30 MIN	FITNESS ABCs W/ SHAYNA 45 MIN	10:45 start TAI CHI W/SHAYNA 30 MIN	FITNESS ABCs W/ SHAYNA 45 MIN	
4:45 pm	TOTAL BODY W/ ROBYN 45 MIN	LES MILLS BODYPUMP W/ DANIELLE 60 MIN	STEP W/ ROBYN 45 MIN	LES MILLS BODYPUMP W/ DANIELLE 60 MIN		
5:30 pm	BOOTCAMP W/ KATIE 45 MIN	5:45 START YOGA W/JILL Studio I	LES MILLS BODYCOMBAT W/ KATIE 45 MIN	5:45 START YOGA W/JILL Studio I		
6:30 pm			STUDIO 1 RESERVED 6:30 – 9:30			

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

Cancellation Policy

When Fulton Public Schools are canceled, 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.

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!



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!

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.

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