



Y-Fit Class Schedule

Effective September 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	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		
8:30 am		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	BOOTCAMP/ LES MILLS BODYCOMBAT INSTRUCTOR VARIES 45 MIN
9:45 am	<u>SILVER SNEAKERS</u> W/ JILL 45 MIN	REFIT W/ LESLEE 60 MIN	<u>SILVER SNEAKERS</u> W/ JILL 45 MIN	REFIT W/ LESLEE 60 MIN	<u>SILVER SNEAKERS</u> W/ SHAYNA 45 MIN	9:30 AM LES MILLS BODYPUMP INSTRUCTOR VARIES 45 MIN
10:35 am	<u>FITNESS ABCs</u> W/ SHAYNA 45 MIN	10:45 start <u>TAI CHI</u> W/SHAYNA 45 MIN	<u>FITNESS ABCs</u> W/ SHAYNA 45 MIN	10:45 start <u>TAI CHI</u> W/SHAYNA 45 MIN	<u>FITNESS ABCs</u> W/ SHAYNA 45 MIN	
4:45 pm	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		
5:30 pm	WORK IT CIRCUIT W/ COLLEEN 30 MIN	5:45 START YOGA W/DANIELLE Studio I	WORK IT CIRCUIT W/ COLLEEN 30 MIN	5:45 START YOGA W/DANIELLE 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

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. 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.

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.