



# Y-Fit Class Schedule

Effective September 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am	<b>5:15 START</b> <b>LES MILLS</b> <b>BODYPUMP</b> W/ KIM 60 MIN	<b>POWER 30</b> W/ KIM 30 MIN	<b>5:15 START</b> <b>LES MILLS</b> <b>BODYPUMP</b> W/ KIM 60 MIN	<b>POWER 30</b> W/ KIM 30 MIN	
6:30am					
8:30 am		<b>LES MILLS</b> <b>BODYPUMP</b> W/ JILL 60 MIN		<b>LES MILLS</b> <b>BODYPUMP</b> W/ JILL 60 MIN	
9:45am	<b>SILVER</b> <b>SNEAKERS</b> W/ JILL 45 MIN	<b>REFIT</b> W/ LESLEE 60 MIN	<b>SILVER</b> <b>SNEAKERS</b> W/ JILL 45 MIN	<b>REFIT</b> W/ LESLEE 60 MIN	
10:35am	<u><b>FITNESS ABCs</b></u> W/ SHAYNA 45 MIN		<u><b>FITNESS ABCs</b></u> W/ SHAYNA 45 MIN		<u><b>FITNESS ABCs</b></u> W/ SHAYNA 45 MIN
4:45pm	<b>BUTTS &amp;</b> <b>GUTS</b> W/ DANIELLE 30 MIN	<b>LES MILLS</b> <b>BODYPUMP</b> W/ DANIELLE 60 MIN	<b>BUTTS &amp; GUTS</b> W/ DANIELLE 30 MIN	<b>LES MILLS</b> <b>BODYPUMP</b> W/ DANIELLE 60 MIN	
5:45pm		<b>YOGA</b> W/DANIELLE 45 MIN		<b>YOGA</b> 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.

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

## Cancellation 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.

## Community Members are welcome in all our group exercise classes

With the purchase of any of our passes, community members can attend classes for the same time period the pass is good.