



# Y-Fit Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	<b>5:15 START</b> <b>LES MILLS</b> <b>BODYPUMP</b> W/ KIM 60 MIN	<b>POWER 30</b> W/ KATIE 30 MIN	<b>5:15 START</b> <b>LES MILLS</b> <b>BODYPUMP</b> W/ KIM 60 MIN	<b>POWER 30</b> W/ KATIE 30 MIN	<b>HIIT</b> W/ KIM 30 MIN	
6:30am						
8:30 am	<b>BP/YOGA</b> W/ JILL 60 MIN		<b>BP/YOGA</b> W/ JILL 60 MIN			<b>YOGA</b> W/ MICHELLE 45 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		
11:30am						
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		
5:15pm	<b>YOGA</b> W/DANIELLE 45 MIN		<b>YOGA</b> W/DANIELLE 45 MIN			
6:30pm			Studio Reserved	Studio Reserved		

**\*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 Cardio Dance 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.

**HIIT:** High Intensity Interval Training – It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements.

## 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.

## 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.