

















FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY








A CLASS FOR EVERY LIFESTYLE

FONTAINE GILLS FAMILY YMCA GROUP EX
SCHEDULE JANUARY 2021



Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am	Court 1						
7:00 am	Court 1		Pilates (Mary)	Tabata (Mary) 30 mins.		Hip Hop Dance (Mary)	
8:00am	Court 1		 LES MILLS BODYPUMP (Marlo)		 ZUMBA (Rachel)		 POUND ROCKOUT. WORKOUT. (Taylor)
8:30am	Court 1	 POUND ROCKOUT. WORKOUT. (Lnrissy)		 ZUMBA (Marlo)		Freestyle Friday (Marlo)	
	Court 2						
9:00am	Court 1		 ZUMBA (Marlo)		 POUND ROCKOUT. WORKOUT. Chrissy		
	Court 2						
9:15am	Court 1						
	Court 2						
9:30am	Court 1			 SS Circuit (Leslie)		 Classic (Liza)	
	Court 2						
10:00am	Court 1		 Stability (Leslie)		 Stability (Leslie)		
	Court 2						
10:30am	Court 1	 Classic (Kathy)		 Classic (Leslie)		 Yoga Chair (Liza)	
	Court 2						

**All classes are subject to change without notice. All classes are 45 minutes to allow cleaning between classes.

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00am	Court 1		 Yoga Chair (Leslie) 10:45 am				
	Court 2						
11:30am	Court 1						
	Court 2						
12:00pm	Court 1						
	Court 2						
1:00pm	Court 1						
2:00pm	Court 1						
5:00pm	Court 1	 BODYPUMP (Nicole)					
	Court 2						
5:30 pm	Court 1		 POUND <small>BACKBET. WOODBET.</small> (Chrissy)				
	Court 2						
6:00pm	Court 1	Iyengar Yoga (Michelle)		Iyengar Yoga (Michelle)	 BODYPUMP (Shalay)/(Nicole)		
6:30 pm	Court 1		 ZUMBA (Daissy)				
7:00pm	Court 1	 ZUMBA (Daissy)			 ZUMBA (Edith)		
	Court 2						

**Please see "Additional Information" on back for events and closures.

CLASS DESCRIPTIONS

Zumba® is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training— alternating fast and slow rhythms— and resistance training.

TABATA training is a high-interval training workout, featuring exercises that last four minutes.

STRONG combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. The original STRONG by Zumba® class is a demanding hour-long session that works your entire body.

Zumba® Gold is a class for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

Silver Sneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support.

Silver Sneakers Stability is the class for you if you want to improve balance and strength. Movements focus on strengthening the ankle, knee and hip joints, while improving reaction time.

Silver Sneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair is available for standing support.

Silver Sneakers Yoga (Chair) Get ready to move through a complete series of seated and standing **yoga** poses. Chair support is **offered** so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

POUND is a high-intensity interval workout that incorporates rhythmic movements to get the class literally pounding the floor as they sweat! POUND class is a full-body workout. While you'll have a blast during the actual class, you'll definitely feel the burn in your arms, core, and glutes afterwards.

BODYPUMP™ is the original barbell class that shapes, tones and strengthens your entire body. The key to BODYPUMP™ is THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning.

IYENGAR YOGA is a form of yoga as exercise that has an emphasis on detail, precision and alignment in the performance of yoga postures.

Additional Information:

Boot Camp! join us for an outdoor Boot Camp class on January 23rd at 9am

Basketball:

Child Watch ages have expanded: Children ages 6wks-12yr are welcome.

- "Shoot-around" only, no games.
- Court availability - first come first serve.
- Members must bring their own basketball.
- Court availability may be limited during youth sports seasons.

Facility Hours

M-Th 6am -9pm
Friday 6am-8pm
Sat. 7am -3 pm

Child Watch:

M-F 5:30 - 8 pm
Sat. 7-10:30 am