



Member Announcements!

For the week of Thanksgiving, we will have regular classes both Monday & Tuesday, with Wednesday offerings only in the morning.

We will be unstaffed Wednesday 22nd at 2pm until Monday 27th at 6am!

New Equipment Arrival!

With new equipment, we expect many questions!

Book a Fitstart appointment and learn more about the new equipment and how it can help you reach your goals.

Whether you have had a Fitstart appointment before or not, we are offering and encouraging all members to book an appointment. Please take advantage of the years ending and get a jump start on setting your goals before the New Year's rush!

Book Today!

Group Fitness Room	Time	Monday	Tuesday	Wednesday	Thursday
	6:00am		All About Arms		All About Arms
	8:15am	Powercut Muscle Strength	Shockwave	Powercut Muscle Strength	3.2.1 Weights/Cardio/Ab
	9:30am 45min T/T	LaBlast Cardio Dance	fusion Active Yoga/Pilates	LaBlast Cardio Dance	fusion Active Yoga/Pilates
	10:45am	SilverSneakers® Yoga	SilverSneakers® Classic	SilverSneakers® CardioFit	SilverSneakers® Classic
	12:00pm 45 min T/T		S&T Weights/Cardio/Abs		TRX Tabatas
	4:30pm 45 min T/T	30min TRX/30min Ride	Shockwave		3.2.1 Weights/Cardio/Abs
	5:30pm 45 min Thurs.	UpBEAT! Cardio Dance	Powercut Muscle Strength	Step&Pump Cardio/Weights	Core & More Conditioning
6:30pm		Stretch & Relax Flexibility Training			
Pool	Time	Monday	Tuesday	Wednesday	Thursday
	9:30am		Aqua Fit		Aqua Fit
	6:30pm	Aqua Fit		No Class Thursday Nov. 30th at 6:30pm!	Aqua Fit
Cycle Room	Time	Monday	Tuesday	Wednesday	Thursday
	6:00am 45 min	Ride Fit!			
	12:00 30 min	Ride Fit!		Ride Fit!	
	5:30pm 45 min	Mon. eve we have a new combo: TRX/Ride (Ride portion is at 5pm)	Ride Fit!		Ride Fit!

NOVEMBER CLASS DESCRIPTIONS FOR YMCA GX

3.2.1: This class is based on HIIT, which consists of 3 minutes of strength training, 2 minutes of cardio, and 1 minute
ALL ABOUT ARMS: Tighten and Tone your upper body in creative ways. Needing to focus on your upperbody strength and conditioning? Then this is just the right class for you!

AQUA FIT: A low impact high energy cardio vascular and resistance training workout; come sweat and splash with us!

CORE & MORE: A smooth flow of exercises engages the body's core foundation. Feel poised and empowered in this high resistance, low impact class as you strengthen your core and improve your coordination and stability.

FUSION: Fusion is designed to effectively strengthen, tone, and balance the entire body through principles of Yoga, Pilates, and Core Conditioning. We will focus on form and precision while performing small isometric movements and poses, emphasize basic alignment, foundation of flexibility, and specific muscle actions through a "Flow Style". Each song includes several highly effective sequences of toning while elongating muscles emphasizing stretching and creating more flexibility.

JOLTS: This class combines cardio and resistance training in random intervals. Watch your body transform as we keep the class constantly changing.

LABLAST: You will want to work out and love to work out dance fitness program based on all the fun dances you see on "Dancing with the Stars" - its partner free and uses a wide variety of music. Anyone is welcome! Let's Dance!

POWERCUT: Get CUT in this strength training and conditioning class customized for all fitness levels. Use the barbells to lift, pull, press, and curl your way to a better body. In this beat driven workout to cutting edge music, work every muscle group. Powercut Xpress is a 45 min class.

RIDE FIT: Cycling gone crazy! This isn't your usual cycle class. Burn the extra calories & get your sweat on while you get FIT, and Ride with Style!

SHOCKWAVE: This circuit utilizes a specially designed WaterRower machine to provide short-burst, high-intensity, calorie-torching intervals along with functional strength and sculpting stations designed to target and chisel the legs, the core and the arms. You will find yourself working harder than you ever imagined because of the camaraderie, friendly team competition and motivation designed to push you to your max effort and provide extreme results!

SILVER SNEAKERS® Cardio Fit (seniors): Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

SILVER SNEAKERS® Classic (seniors): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

SILVER SNEAKERS® Yoga (seniors): A class designed to challenge you physically and mentally with simple/safe yoga exercises using a chair for support to increase flexibility.

STEP & PUMP: Get to... "Stepping" for your cardio, and "Pump" away for total body resistance training, all in one action packed hour.

STRETCH & RELAX: Come join us and enjoy a great class with combining flexibility training and relaxation techniques to sooth your body. This class is a wonderful stress reliever that enhances strength, balance and flexibility.

TRX TABATA: Suspension training combined with HIIT (High Intensity Interval Training) for an awesome, total body work out! TRX/Ride: 30 min of TRX conditioning in the GX room then 30 min of Ride in the Cycle Room.

UPBEAT: Tap away and let the rhythm move you, in our featured class "Upbeat". This class is a creative and energetic way to express your inner rock and/or pop star. Using rhythm sticks, you will be moving and grooving in every direction. Finish off with your core as the main feature!

Welcome to YMCA Group Fitness

There is NO SIGN UP REQUIRED.

Schedule is subject to change based on program additions, participation, and instructor availability.

View our group fitness schedule at ymcawaycross.org and [facebook.com/YMCA OF WAYCROSS, GEORGIA](https://www.facebook.com/YMCA-OF-WAYCROSS-GEORGIA)

We welcome your feedback:

YMCA Location:

1634 Plant Avenue
Waycross, GA 31501
(912)285-8660

www.ymcawaycross.org

[facebook.com/YMCA OF WAYCROSS, GEORGIA](https://www.facebook.com/YMCA-OF-WAYCROSS-GEORGIA)



Child Care Hours:

Mornings
Monday - Friday
8:00am - 11:30am
Saturday
9:00am-11:00am

Evenings
Monday - Thursday
4:00pm - 7:30pm
Friday
4:00pm-6:30pm