



# DECEMBER 2017 GX

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Group Fitness Room

Time	Monday	Tuesday	Wednesday	Thursday
6:00am		All About Arms		All About Arms
8:15am	<b>Powercut</b> Muscle Strength	<b>Shockwave</b>	<b>Powercut</b> Muscle Strength	<b>3.2.1</b> Weights/Cardio/Ab
9:30am 45min	<b>LaBlast</b> Cardio Dance	<b>fusion</b> Active Yoga/Pilates	<b>LaBlast</b> Cardio Dance	<b>fusion</b> Active Yoga/Pilates
10:45am 45min	<b>SilverSneakers®</b> Yoga	<b>SilverSneakers®</b> Classic		<b>SilverSneakers®</b> Classic
12:00pm 45 min T/T		<b>S&amp;T</b> Weights/Cardio/Ab		<b>TRX</b> Tabatas
5:00pm 30 min	<b>Core &amp; More</b> Conditioning	<b>TRX</b> Tabatas	<b>Core &amp; More</b> Conditioning	<b>TRX</b> Tabatas
5:30pm 45 min	<b>UpBEAT!</b> Cardio Dance	<b>Powercut</b> Muscle Strength	<b>Step&amp;Pump</b> Cardio/Weights	<b>3.2.1</b> Weights/Cardio/Ab
6:30pm		<b>Stretch &amp; Relax</b> Flexibility Training		

Pool

Time	Monday	Tuesday	Wednesday	Thursday
9:30am		<b>Aqua Fit</b>		<b>Aqua Fit</b>
6:30pm	<b>Aqua Fit</b>			<b>Aqua Fit</b>

Cycle Room

Time	Monday	Tuesday	Wednesday	Thursday
6:00am 45 min	<b>Ride Fit!</b>			
12:00 30 min	<b>Ride Fit!</b>		<b>Ride Fit!</b>	
5:30pm 45 min		<b>Ride Fit!</b>		<b>Ride Fit!</b>



Your GX Instructor Team would like to thank everyone for their participation in 2017, and we look forward to the New Year!

Graciously the team takes the tail end of the year to rest and rejuvenate in order to meet the New Year's expectations with enthusiasm.

Hence, December GX programming will run thru the first half of the month (December 1st-15th).

*We will be unstaffed Friday December 22nd at 8pm until Tuesday December 26th at 6am.*



JOIN FRIENDS & FAMILY IN SOUTHEAST GEORGIA'S 10 WEEK COMMUNITY WIDE HEALTHY WEIGHT LOSS CHALLENGE!

**REGISTER TODAY!**

Kick-Off: Thursday, January 18th at 3-7pm  
Final Registration Day: Thursday, January 25th  
Final Weigh-In: Thursday, March 30th  
Cost: \$60 Per Individual  
(early bird registration until Jan. 1st for \$50)

**LAST YEAR**

- 385 Participants
- More than 20 Teams
- Over 4,000 pounds lost
- \$7,200 in CASH prizes



## DECEMBER 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 of core work. The full circuit is repeated until you hit 35 minutes of good old fashion hard work for the base of the workout.

**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® 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 HIIIT (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](http://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](http://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