

# GROUP EXERCISE

ALL GROUP FITNESS CLASSES ARE **FREE** TO OUR MEMBERS

G=Garrett  
M=Main St.  
N=North St

[WWW.YMCADEKALB.ORG](http://WWW.YMCADEKALB.ORG)

## FREE AQUA FITNESS CLASSES

### NORTH STREET POOL

**Arthritis Plus:**  
Mon/Wed/Fri  
8:00am-8:45am  
Fee: **FREE / member**  
\$75.00 / non-member

**Aqua Aerobics:**  
Mon/Wed/Fri  
8:45am-9:30am  
Fee: **FREE / member**  
\$75.00 / non-member  
and

**Seniorcise:**  
Tues/Thurs/Fri  
10:30am-11:30am  
Fee: **FREE / member**  
\$75.00 / non-member

Tuesday / Thursday:  
7:00pm-7:45pm  
Fee: **FREE / member**  
\$50.00 / non-member

Sessions are eight weeks long

### GARRETT COMMUNITY YMCA POOL

#### Aqua Aerobics

Monday/Wednesday  
5:30-6:15pm

Tuesday/Thursday  
9:00-9:45am

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(G) **\*\*NEW BODY BEING** Experience a creative flow practice to grow; body, brain, breath, and being. **Thursday 6:00pm**

(G,N) **YOGA** This class is designed for strength, flexibility, balance and concentration, while emphasizing body alignment, spinal extension and muscular balance.

Garrett M, W 6:45-7:30pm **\*\*NEW at North St. Monday 6:00pm\*\***

(G) **CARDIO CHOICE** A high energy workout to upbeat music. This class consists of basic step, aerobic and kickboxing routines, incorporating strength and stretching exercises. **T 5:30-6:30pm**

(G) **BODY FIT** Enjoy this overall body workout, with some cardio added. Toning, stretching and flexibility in each class. All fitness levels welcome. **T, TH 8:00-8:45am**

(N) **KICK FIT PLUS** Our Instructor leads a fun-filled class which includes basic boxing and kickboxing moves. The perfect whole body workout, toning, strengthening and heart pumping. Includes variety of other exercises. All ages welcome. **T 5:15-6:00pm**

(N) **ZUMBA** Join our instructors in a fun filled class of dance. Join those who'd rather have a blast. Join the party! **T, TH 7:15-8:00pm**

(N) **TOTAL BODY** A muscular conditioning class working all major muscles using handheld weights, bands and tubes. This class focuses on toning and strength. **M, W 6:15-7:00pm**

(N) **CORE BODY** This workout promotes strength, stability and coordination. A great workout for the abs, back and oblique's using balls and non-resistant training methods. **T, TH 6:00 - 6:25pm**

(M) **GROUP CYCLING** A great cardio journey using stationary bikes. The workout includes jumps, climbs, and sprints. Interval training at its best set to motivational music. Come no more than 30 minutes before class starts to get your number for a bike at the front desk. **T, TH 8:10-8:55am M, W, F 9:00-9:45am M, W 5:15-6:00pm Sat 8:15-9:00am MEMBERS ONLY**

(N) **JAZZERCISE** A well-rounded workout combining elements of jazz dance, resistance training, Pilates, Yoga, Kickboxing and more for every age and fitness level. **M, W 5:05-6:05pm**

(N) **TOTALLY TONED** This cardio, strength and endurance workout uses hand weights, tubes, bands, bars and a variety of other equipment to tone the body and help meet your fitness goals. **Great for the WHOLE FAMILY!**  
**M, W, F 8:00-8:45am T, TH 6:30-7:15pm**

(M) **WOMAN ON WEIGHTS** Using free weights, this class will help define your muscles through isolation and concentration with one-on-one instruction by a qualified instructor. **T, TH 9:00-9:45am**

(N) **SILVER SNEAKERS** Muscular Strength and Range of Movement.  
**M, W, F 10:30-11:15am**

(M,G) **SENIOR WALK FREE TO PUBLIC.** Adults can walk Tuesdays and Thursdays from 9:30 to 10:30 a.m. at the Main Street gym or Mondays and Wednesdays from 8:00 to 9:00 a.m. at the Garrett Community YMCA.

(N) **LEADING LADIES** Aa 45-minute boost in the Family Fitness Center. Staff will show you how to get started in a comfortable, fun and productive atmosphere. **M, W 8:30-9:15am, M 6:15-7:00pm**

(N) **TOT TIME** Children ages 3-7 can come in the Family Fitness Center with an Adult. **M 10:00-10:30am, T 6:30-7:00pm**

\*Classes are subject to change, please see front desk for updates.



## FREE TO PUBLIC

### ENERGIZER BUDDIES

This FREE parent and child program offered at the North St. YMCA, is for those in search of exercise and fun. Join us on Thursdays 10:00-10:45am, for a program that will include a variety of activities: incorporating large and small muscle groups through music and movement activities. Each class will end with a cool down with our friends from the Eckhart Public Library. A variety of guest instructors will be included. Sign up by March 4, **pre-registration required.**  
925-9622



### (N) HOME SCHOOL SWIM/ GYM

Join us for an hour of instructional gym time and an hour of free swim time. **Wednesday 12:30-2:30pm \$16.00 first child, \$10.00 each additional child, each 8 wk session. Minimum of 20.**

Price non-member: 1 day/week class \$25, 2 days/week class \$50, 3 days/week class \$75