

YMCA Youngsville Branch Group Fitness

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3 <i>The Body Tithe w/ Jody English 6-7:30 pm</i>
4 Youth Rec 3-4:30p GGW 7-9p	5 <u>Total Body w/ Jill</u> 4:30-5:15p	6 Youth Rec 3-4:30p GGW 7-9p	7 <u>Total Body w/ Jill</u> 4:30-5:15p POUND FITNESS 5:45pm AND 6:45pm	8 Youth Rec 3-4:30p GGW 7-9p	9	10
11 Youth Rec 3-4:30p GGW 7-9p	12 <u>Total Body w/ Jill</u> 4:30-5:15p	13 Youth Rec 3-4:30p GGW 7-9p	14 POUND FITNESS 5:45pm AND 6:45pm	15 Youth Rec 3-4:30p GGW 7-9p	16	17
18 Youth Rec 3-4:30p GGW 7-9p	19 <u>Total Body w/ Jill</u> 4:30-5:15p	20 Youth Rec 3-4:30p GGW 7-9p	21 <u>Total Body w/ Jill</u> 4:30-5:15p POUND FITNESS 5:45pm AND 6:45pm	22 Youth Rec 3-4:30p GGW 7-9p	23	24
25 Youth Rec 3-4:30p GGW 7-9p	26 <u>Total Body w/ Jill</u> 4:30-5:15p	27 Youth Rec 3-4:30p GGW 7-9p	28 <u>Total Body w/ Jill</u> 4:30-5:15p POUND FITNESS 5:45pm AND 6:45pm			

Group Exercise PUNCH CARDS Available for ALL Group Fitness opportunities w/Instructor **NO PAY PER CLASS OPTION**
 ANY Group Fitness opportunity WITHOUT an instructor has no cost. Member/Non-Member facility check in rules/rates apply.
 There is a separate schedule and pricing for Indoor Cycling available upon request.

YMCA Youngsville Branch Group Fitness Descriptions

Spin w/ Kim: A 30 minute to 45 minute Beginner/Intermediate Fitness level Cycling Opportunity. Each rider has the choice to ride at their own pace.
Pay Per Class Rates apply or Spin Punch Cards are also available to purchase.

Beginner Spin w/Kim: A 30 minute Beginner level Cycling Opportunity keeping beginners and seniors in mind. Cyclers go at their own pace as your instructor guides and motivates riders to challenge themselves. Post ride, your instructor will lead you into a good stretch.
Pay Per Class Rates apply or Spin Punch Cards are also available to purchase.

Spin w/ Jody A 30 minute to 45 minute Intermediate Fitness level Cycling Opportunity. Each rider has the choice to ride at their own pace.
Pay Per Class Rates apply or Spin Punch Cards are also available to purchase.

The Body Tithe God cares about your fitness because your body is "the temple of the Holy Spirit." At the Youngsville YMCA starting Sunday, Feb 2 from 6pm-7:30 pm and the first Sunday of every month following, we will be focusing on our physical and spiritual strength. Cycle instructor Jody English will be leading a 45 min cycle workout followed with a cool down and devotional "The Body Tithe". You will learn new habits and master new weapons to protect yourself for the rest of your life. "The Body Tithe Devotional" offers victory regardless of your physical results. New insights into God's Word will guide you toward fitness, a healthy lifestyle and into a deeper more safe relationship with your Heavenly Father. The author of this devotional Matthew Pryor states...fitness is not just a health issue but a heart issue: Christians should be good stewards of physical health because our bodies are a temple of the Holy Spirit. (1 Corinthians 6:19)
Per Class Rates apply or Spin Punch Cards are also available to purchase.

Total Body w/ Jill: Total Body w/Jill is designed for the beginner in mind although all exercises can be modified to become more or less intense based on the individuals goals. Jill focuses on a variation of exercises using body weight, dumbbells, yoga balls, body bars and other equipment to offer a total body cardio toning workout
Purchase a Group Exercise Card. 15 Classes. Expires 6 months after purchase. Pay Per Class **DOES NOT** apply for Group exercise w/ instructors.

Youth Recreation Honoring our *Playground Lending Program* over the winter months we are opening an area inside the gym for children and youth **[ages 10-17]** after school to sign up and participate in the use of indoor and, weather permitting, outdoor recreational equipment. Occasionally there will be simple arts & crafts and games offered for the children and youth to do as well. This program is supervised by regular YMCA Staff/Volunteers on shift. YMCA Staff/Volunteers are **NOT** responsible for those borrowing and taking equipment outdoors.
This is a **FREE** opportunity for the communities Children and Youth. Parents/Guardians **MUST** be present at the time of registration.

GGW (Group Guided Workouts) Offering after hour's fitness opportunities. This time is blocked off for those who want to use the facility for their own workouts or Members/Non-Members can take advantage of our experienced and knowledgeable YMCA Staff/Volunteers who will guide people into setting up a workout that best suits them as well as the guiding of proper equipment usage and proper form.
There is **NO** Certified Instructor Leading This Group therefore only, Member/Non-Member facility check in rules/rates apply.

Pound Fitness Instructor Ashley Swanson. It's a full-body workout: While certain group **fitness** classes tend to target particular areas of the body, **POUND** offers a full-body workout and targets common trouble spots. A huge part of the class is performed in a squat position. The constant up-and-down drumming targets your inner and outer thighs, butt, and core.
Purchase a Group Exercise Card. 15 Classes. Expires 6 months after purchase. Pay Per Class **DOES NOT** apply for Group exercise w/ instructors.