



SUMMER GROUP FITNESS SCHEDULE

AUGUSTA OUTSIDE & **VIRTUAL** (in blue text)

*effective June 1

TIME	MON	TUES	WED	THURS	FRI	SAT
6AM			ZOOM—TEAM HIIT 6:30-7:30am Janice & Holly		ZOOM—TEAM HIIT 6:30-7:30am Janice & Holly	
8AM			ZOOM—YOGA 8-8:45am Debbie / Jacqui			
9AM			OUTSIDE—WALK N' TALK CLUB 9:30-10:15am Debbie / Jacqui	OUTSIDE—WALK N' TALK CLUB 9:30-10:15am Kim		
10AM	ZOOM—AOA ACTIVELY AGING 10:30-11:15am Kim				ZOOM—AOA BALANCE & CORE 10:30-11:15am Kim	OUTSIDE—MAXOUT 10:-11am Gregg
12PM	OUTSIDE—CYCLE 12-12:45am Colin	OUTSIDE—TOTAL BODY STRENGTH 12:15-1pm Brandon	ZOOM—CHAIR YOGA 12-12:45am Debbie / Jacqui OUTSIDE—CYCLE 12-12:45am Erika	OUTSIDE—TOTAL BODY CONDITIONING 12:15-1pm Kim	OUTSIDE—CYCLE 12-12:45am—Colin FB LIVE—VINYASA FLOW 12-12:45pm—Nicole	
5PM		ZOOM—YOGA 5-6pm Jacqui	ZOOM—TOTAL BODY PLUS EXPRESS 5:30-6pm Tamara	ZOOM—YOGA 5:30-6:30pm Pam	<p>We're adding new classes and changing the schedule all the time to best fit your needs, so check out website's Live Feed for the most current schedule!</p> <p>Feedback? Contact Johanna, Health & Wellness Director johanna@kvymca.org</p>	
6PM	OUTSIDE—TOTAL BODY PLUS 6-6:45pm Ashley		OUTSIDE—TOTAL BODY CONDITIONING 6-6:45pm Shayna	ZOOM—ZUMBA 6-7pm Jennifer		



Use this **QR Code** for easy access to our Live Feed Group Fitness Schedule (for up to date schedules and any cancellations), our Facebook Virtual Group Fitness Program (for our FB Live Classes and links to Zoom Classes) and our YouTube Channel (for follow-along workouts available anytime)

How to Scan a QR Code

1. Open your camera or QR Reader App on you phone
2. Hold your device over the QR so it's clearly visible within your smartphone's screen. Two things can happen- your phone may automatically scan the code, or you may have to press a button to snap a picture like your smartphone camera.
3. If necessary, press the button, and your smart phone will navigate to it's destination!





CLASS DESCRIPTIONS

MIND-BODY

VINYASA FLOW –During this 45 class, you will explore the six movements of the spine for mobility, standing and seated postures for strength and flexibility, and yes, we will definitely leave time for integration and Savasana.

YOGA –An excellent addition to any fitness routine by exploring breathing techniques, balance, stability, and flexibility. All levels are welcome.

CHAIR YOGA– 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.

ACTIVE OLDER ADULTS (AOA)

AOA STRENGTH & FLEXIBILITY –The low-impact class for active older adults is designed to improve your flexibility and mobility as well as focusing on building overall muscle strength to help make your everyday life better.

AOA BALANCE & CORE–Functional Fitness balance and core exercises for active older adults. Class is designed for balance and fall prevention.

AOA ACTIVELY AGING – Have fun and move through a variety of exercises designed to increase muscle strength, range of movement, and activity for daily living skills.

WALK & TALK CLUB—Join one of our Y instructors for a vigorous group walk around Capital Park or the Rail Trail with stops along the way to get your heart rate up! We'll be sure to keep physical distancing but still make it fun, and social.

OUTDOOR CYCLING

INTERVAL CYCLE– Designed to get you riding to the beat of the music with sprint intervals, standing jogs, and hill climbs in a 45 minute format.

MUSCLE & CARDIO

MAXOUT– Be prepared for simple but effective cardio and strength movements using bodyweight. Basic exercises such as squats, lunges, jumping jacks, and fundamental martial arts movements will challenge your mental and physical barriers, elevate your heart rate and boost your mood! This class is designed for intermediate to advanced fitness levels.

TEAM HIIT– Get ready for an awesome high intensity workout designed to get the endorphins pumping.

TOTAL BODY PLUS– This is a full body strength training workout with cardio, core, and flexibility for a well rounded and efficient total body workout.

TOTAL BODY STRENGTH– The class uses dumbbells, stability balls, and resistance bands for a full body strength training workout that works in one minute intervals for 3 rounds. This class is in both express (15 minute) formats, 30 minutes and 45 minute formats and has limited to no cardio component.

ZUMBA– Latin aerobic dance class uses fun, rhythmic moves that work your core. Includes Salsa, Hip Hop, Reggaeton, Samba, belly-dancing and more!

OUTDOOR CLASSES: WHAT YOU NEED TO KNOW

- Classes are limited to 10 participants and are only open to current members
- Members are expected to arrive 15 min. prior to class to sign an updated waiver and have their temperature taken by a Y staff member
- Y Staff will be required to wear a face covering
- Members are not required to wear a face covering, but will be asked to double their social distance from 6 to 12 feet from other members
- Members will not have access to the building and should come prepared with water bottles, towels and sunscreen.
- Classes will be no longer than 60 minutes and in cases of inclement weather will be cancelled
- Any equipment used will be disinfected before & after class by staff