



- Classes highlighted in "Red" are a great place to start.
- Classes marked with "@" are 30 minutes.
- Classes marked with "C" are classes geared for kids.
- Classes marked with "\*" meet in the Multipurpose Room.
- Classes marked with "\*\*\*" meet in the new gym.
- Classes marked with "#" meet at the Fitness Desk in Fitness Room.
- Classes in "Blue" are outside weather permitting.
- Classes marked in "Purple" are scheduled events/Launches/ Demonstrations.
- Classes "Highlighted" are cancelled.
- Classes marked "&" are held in Spin Room.

# December 2017

## GROUP EXERCISE SCHEDULE

SOUTHEAST FAMILY YMCA  
1000 Weatherly Road  
Huntsville, AL 35803

Mon	Tue	Wed	Thu	Fri	Sat/Sun
<p><b>NEW CLASSES: We will be doing a Demo of some new classes that we will be offering this January 2018-</b></p> <p><b>Core Focus Together</b> (will take the place of ab attack and Core and More. This class cannot be paired with Bodypump. So look for this class after a cardio class)</p> <p><b>Defend Together</b> (will take the place of Kickboxing classes)</p> <p><b>Balance and Flex Together</b> (will take the place of most of Piyo classes)</p>	<p>Classes marked in "Purple" are Demonstrations of new classes starting Jan 2018</p> <p><b>Core Focus Together:</b> Dec 1<sup>st</sup> at 9:00a Dec 7<sup>th</sup> at 10a Dec 21<sup>st</sup> at 10a Dec 19<sup>th</sup> &amp; 26<sup>th</sup> at 6:30p</p> <p><b>Defend Together:</b> Dec 22<sup>nd</sup> &amp; 29<sup>th</sup> at 8:30a Dec 19<sup>th</sup> &amp; 26<sup>th</sup> at 4:30p</p> <p><b>Balance and Flex Together:</b> Dec 14<sup>th</sup> at 5:30p Dec 21<sup>st</sup> at 5:30p</p>	<p><b>Class Changes:</b></p> <p>Body Barre rotates with Piyo on Wednesday's and will continue to rotate with Balance and Flex starting Jan 2018!</p> <p>Dec 19<sup>th</sup> and 26<sup>th</sup> moved Bodypump to 5:30p to accommodate the 30 min Core Focus Demo</p>	<p><b>New Classes and their description is located on the back of this schedule</b></p>	<p>1</p> <p>**5:30a Power Hr Kristin 5:30a Spin Strength Tom *8:00a Silver Fit Debra @8:30a Kick box Sharon @9:00a Core Focus Together Sharon *9:00a Body Barre Jennifer 9:30a ZUMBA Kandy 9:30a Spin Interval Susi *10:00a Power Flow Yoga Jennifer 10:45a BODYPUMP™ Kristin @10:45a Spin 101 Sharon 4:15p BODYPUMP™ cancelled due to instructor training 5:30p ZUMBA Mandi (new Gym)</p>	<p>2</p> <p>8:30a ZUMBA Kandy (New gym) 8:30am Spin Strength Chris Joy *9-10:30a Gentle Yoga Amy 9:30a BODYPUMP™ cancelled due to instructor training 10:30a BODYATTACK™ Sharon (multipurpose rm) 2:00p POUND™ Michiko 3:00p ZUMBA Sheree</p>
<p>4</p> <p>5:30a Step &amp; Sculpt Kristin 5:30a Spin Interval Dana *8:00a Silver Fit Michelle 8:30a BODYPUMP™ Diana *9:00a Body Barre Tara 9:30a Cardio Jam Michelle 9:30a Spin Strength Maria *10:00a Pwr Flow Yoga Jennifer 10:45a BODYPUMP™ Terri *11:00a Begin. Yoga Michelle 11:45a Ab Attack Terri 4:15p BODYPUMP™ Christi @5:15p Ab Attack Christi 5:30p BODYATTACK Amber 6:30p Pilates Christi</p>	<p>5</p> <p>5:30a Pilates Christi 8:30a Adv Pilates Debra *9:00a Gentle Yoga Amy 9:30a BODYATTACK™ Sharon **9:30a Power Hr Kristin 10:30a Back to Basics Bridget *3:45p Kids Yoga @ Megan 4:30p Kickboxing Sharon *5:30p PiYo Ericka 5:45p BODYPUMP™ Diana 5:45p Spin Strength Maria @6:45p Core &amp; More Diana *6:45p Yoga Amy 7:00p POUND™ Lynelle</p>	<p>6</p> <p>5:30a BODYPUMP™ Kristin 5:30a Spin Strength Laura *8:00a Silver Fit Debra 8:30a Zumba Rachel 9:30a PiYo Michelle 9:30a Spin Strength Eric *9:45a Align. Yoga Jennifer 10:45a BODYPUMP™ Kristin @10:45a Spin 101 Eric *11:00a Begin. Yoga Michelle 4:15p BODYPUMP™ Amber 5:30p ZUMBA Mandi 6:30p Pilates Christi</p>	<p>7</p> <p>5:30a Pilates Christi 8:30a Adv Pilates Debra *9:00a Gentle Yoga Amy @9:30a BODYATTACK 3D Bridget *9:30a Power Hr Kristin @10:00a Core Focus Together Bridget 10:30a Back to Basics Kristin *4:15p Kids Dance Party @Kandy 4:30p H.I.I.T. Heather 5:30p BODYATTACK™ Chris L 5:30p Spin Interval Susi B *5:30p PiYo Ericka 6:30p BODYPUMP Diana *6:45p Yoga Anita</p>	<p>8</p> <p>**5:30a Power Hr Kristin 5:30a Spin Strength Tom *8:00a Silver Fit Michelle @8:30a Kick box Sharon @9:00a Core Ball Sharon *9:00a Body Barre Jennifer 9:30a Cardio Jam Michelle 9:30a Spin Strength AC *10:00a Power Flow Yoga Jennifer 10:45a BODYPUMP™ Kristin @10:45a Spin 101 Sharon 4:15p BODYPUMP™ Christi 5:30p ZUMBA Beth</p>	<p>9</p> <p>8:30a ZUMBA Sheree 8:30am Spin Endurance AC (Anna Catherine) *9-10:30a Gentle Yoga Amy 9:30a BODYPUMP™ Kristin 10:30a BODYATTACK™ Cancelled due to Instructor training 2:00p POUND™ Nancy 3:00 ZUMBA Kandy</p>
<p>11</p> <p>5:30a Step &amp; Sculpt Kristin 5:30a Spin Strength Dana *8:00a Silver Fit Michelle 8:30a BODYPUMP™ Diana *9:00a Body Barre Tara 9:30a Cardio Jam Michelle 9:30a Spin Race Day Maria *10:00a Pwr Flow Yoga Jennifer 10:45a BODYPUMP™ Terri *11:00a Begin. Yoga Kristie 11:45a Ab Attack Terri 4:15p BODYPUMP™ Christi @5:15p Ab Attack Christi 5:30p BODYATTACK™ Sharon 6:30p Pilates Christi</p>	<p>12</p> <p>5:30a Pilates Christi 8:30a Adv Pilates Debra *9:00a Gentle Yoga Kristie 9:30a BODYATTACK™ Bridget **9:30a Power Hr Kristin 10:30a Back to Basics Sharon *3:45p Kids Yoga @ Megan 4:30p Kickboxing Sharon *5:30p PiYo Ericka 5:45p BODYPUMP™ Diana 5:45p Spin Interval Terry C @6:45p Core &amp; More Diana *6:45p Yoga Amy 7:00p POUND™ Nancy</p>	<p>13</p> <p>5:30a BODYPUMP™ Christi 5:30a Spin Endurance Laura *8:00a Silver Fit Debra 8:30a ZUMBA Rachel 9:30a PiYo Michelle 9:30a Spin Interval Eric *9:45a Align. Yoga Jennifer 10:45a BODYPUMP™ Terri @10:45a Spin 101 Eric *11:00a Begin. Yoga Kristie 4:15p BODYPUMP™ Kristin 5:30p ZUMBA Mandi 6:30p Pilates Christi</p>	<p>14</p> <p>5:30a Pilates Christi 8:30a Adv Pilates Debra *9:00a Gentle Yoga Amy @9:30a BODYATTACK 3D Bridget *9:30a Power Hr Kristin @10:00a Arms, Abs, Legs Bridget *9:45a Align. Yoga Kristin *4:15p Kids Dance Party @Kandy 4:30p H.I.I.T. Heather 5:30p BODYATTACK™ Chris L 5:30p Spin Endurance Susi B *5:30p Balance and Flex Together Diana 6:30p BODYPUMP Diana *6:45p Yoga Anita</p>	<p>15</p> <p>**5:30a Power Hr Kristin 5:30a Spin Interval Tom *8:00a Silver Fit Debra @8:30a Kick box Sharon @9:00a Core Ball Sharon *9:00a Body Barre Jennifer 9:30a ZUMBA Kandy 9:30a Spin Endurance AC *10:00a Power Flow Yoga Jennifer 10:45a BODYPUMP™ Kristin @10:45a Spin 101 Sharon 4:15p BODYPUMP™ Christi 5:30p ZUMBA Mandi</p>	<p>16</p> <p>8:30a ZUMBA Mandi 8:30am Spin Interval Terry Cagle *9-10:30a Gentle Yoga Kristie 9:30a BODYPUMP™ Amber 10:30a BODYATTACK™ Bridget 2:00p POUND™ Lynelle 3:00 ZUMBA Beth</p>
<p>18</p> <p>5:30a Step &amp; Sculpt Cancelled 5:30a Spin Race Day Dana *8:00a Silver Fit Amy 8:30a BODYPUMP™ Diana *9:00a Body Barre Paige 9:30a ZUMBA Kandy 9:30a Spin Endurance Maria *10:00a Pwr Flow Yoga Cancelled 10:45a BODYPUMP™ Terri *11:00a Begin. Yoga Kristie 11:45a Ab Attack Terri 4:15p BODYPUMP™ Christi @5:15p Ab Attack Christi 5:30p BODYATTACK Amber 6:30p Pilates Christi</p>	<p>19</p> <p>5:30a Pilates Christi 8:30a Adv Pilates Tamara *9:00a Gentle Yoga Kristie 9:30a BODYATTACK™ Bridget **9:30a Power Hr Kristin 10:30a Back to Basics Bridget *3:45p Kids Yoga @ Megan 4:30p Defend Together Team *5:30p PiYo Ericka 5:30p BODYPUMP™ Diana 5:45p Spin Endurance Terry C @6:30p Core Focus Together Diana 6:45p Yoga Amy 7:00p POUND Michiko</p>	<p>20</p> <p>5:30a BODYPUMP™ Kristin 5:30a Spin Recovery Laura *8:00a Silver Fit Amy 8:30a ZUMBA Rachel 9:30a Body Barre Paige 9:30a Spin Endurance Eric *9:45a Align. Yoga Jennifer 10:45a BODYPUMP™ Kristin @10:45a Spin 101 Eric *11:00a Begin. Yoga Kristie 4:15p BODYPUMP™ Amber 5:30p Zumba Mandi 6:30p Pilates Christi</p>	<p>21</p> <p>5:30a Pilates Christi 8:30a Adv Pilates Tamara *9:00a Gentle Yoga Amy @9:30a BODYATTACK 3D Bridget *9:30a Power Hr Kristin @10:00a Core Focus Together Bridget 10:30a Back to Basics Kristin *4:15p Kids Dance Party @Kandy 4:30p H.I.I.T. Heather 5:30p BODYATTACK™ Bridget 5:30p Spin Strength Susi B *5:30p Balance and Flex Together Diana 6:30p BODYPUMP Diana *6:45p Yoga Anita</p>	<p>22</p> <p>**5:30a Power Hr Kristin 5:30a Spin Endurance Tom *8:00a Silver Fit Amy 8:30a Defend Together Team *9:00a Body Barre Jennifer 9:30a ZUMBA Kandy 9:30a Spin Race Day AC *10:00a Power Flow Yoga Jennifer 10:45a BODYPUMP™ Kristin @10:45a Spin 101 AC 4:15p BODYPUMP™ Christi 5:30p ZUMBA Mandi</p>	<p>23</p> <p>8:30a ZUMBA Beth 8:30am Spin Strength Tom Fluker *9-10:30a Gentle Yoga Kristie 9:30a BODYPUMP™ Christi 10:30a BODYATTACK™ Amber 2:00p POUND™ Michiko 3:00p ZUMBA Mandi</p>
<p>25</p> <p><b>Merry Christmas YMCA is closed</b></p>	<p>26</p> <p>5:30a Pilates Christi 8:30a Adv Pilates Tamara *9:00a Gentle Yoga Kristie 9:30a BODYATTACK™ Sharon **9:30a Power Hr Kristin 10:30a Back to Basics Bridget *3:45p Kids Yoga @ Megan 4:30p Defend Together Team *5:30p PiYo Ericka 5:30p BODYPUMP™ Diana 5:45p Spin Interval Susi B 6:30p Core Focus Together Diana 6:45p Yoga Amy 7:00p POUND Lynelle</p>	<p>27</p> <p>5:30a BODYPUMP™ Christi 5:30a Spin Strength Tom Fluker *8:00a Silver Fit Amy 8:30a ZUMBA Rachel 9:30a Body Barre Paige 9:30a Spin Race Day Eric *9:45a Align. Yoga Jennifer 10:45a BODYPUMP™ Terri @10:45a Spin 101 Eric *11:00a Begin. Yoga Kristie 4:15p BODYPUMP™ Kristin 5:30p Zumba Mandi 6:30p Pilates Christi</p>	<p>28</p> <p>5:30a Pilates Christi 8:30a Adv Pilates Tamara *9:00a Gentle Yoga Amy @9:30a BODYATTACK 3D Bridget *9:30a Power Hr Christi @10:00a Arms, Abs, &amp; Legs Bridget 10:30a Back to Basics Sharon *4:15p Kids Dance Party @Kandy 4:30p H.I.I.T. Mandi 5:30p BODYATTACK™ Sharon 5:30p Spin Endurance Tom Fluker *5:30p PiYo Erika 6:30p BODYPUMP Diana *6:45p Yoga Anita</p>	<p>29</p> <p>**5:30a Power Hr Christi 5:30a Spin Strength Tom *8:00a Silver Fit Amy 8:30a Defend Together Team *9:00a Body Barre Jennifer 9:30a ZUMBA Mandi 9:30a Spin Endurance AC *10:00a Power Flow Yoga Jennifer 10:45a BODYPUMP™ Kristin @10:45a Spin 101 Sharon 4:15p BODYPUMP™ Christi 5:30p ZUMBA Mandi</p>	<p>30</p> <p>8:30a ZUMBA Beth 8:30am Spin Interval Susi B *9-10:30a Gentle Yoga Kristie 9:30a BODYPUMP™ Christi 10:30a BODYATTACK™ Amber 2:00p POUND™ Lynelle 3:00p ZUMBA Nancy</p>



## CLASS DESCRIPTIONS: Intensity Level (IL): 1=Comfortable | 2=Challenged | 3=Uncomfortably Challenged

**AB ATTACK and CORE & MORE-** This 10-15 minute class focuses on strengthening the abs, core and lower back. This class caters to all fitness and works towards improving abdominal strength. The ab attack is the perfect class to do at the end of your workout. IL=2/3

**ADVANCED (ADV.) TO INTERMEDIATE (INT.) PILATES-** When you're ready to increase the challenge, the Advanced to Intermediate level Pilates class takes you through a dynamic, full-body workout focusing on improving flexibility, core strength, and toning all muscle groups. IL=2/3

**ALIGNMENT YOGA** -Yoga that helps each student get into the classical ideal way and structurally safe way that the pose should be done using props when needed. IL=1/2

**ARMS LEGS & ABS-** You'll love it! 30 minutes of strength and toning for your arms, legs and abdominals! IL= 2/3

**BACK TO BASICS-**A low impact slower paced class tailored to the specific needs of beginners, seniors and those returning to an exercise program after a long absence. Enjoy a 30-45 minute low impact cardio workout, followed by strengthening and balance exercises. IL-1/2

**BALANCE AND FLEX TOGETHER** Group Centergy will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. REDEFINE YOUR SELF. IL-1/2

**BARRE CORE, BODY BARRE-** A high-energy, intense fat & calorie burning, non-impact workout designed to work every muscle in your body! BARRE Core will sculpt your upper body, streamline your thighs, lift your seat, flatten your abs, and lengthen you from head to toe! Each strength training segment is followed by deep stretching to create a long, lean look and improved range of motion. We promise to leave your body quivering, shaking, and begging for more! Barre Yo- includes yoga breathing, barre work, ab and mat work as well as yoga stretching and relaxation at the end! IL= 2/3

**BODYATTACK™ (LES MILLS™)-** Body Attack is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor! Like all the LES MILLS™ programs, a new BODYATTACK™ class is released every three months with new music and choreography. Team teaches will be once every three months with the launch of new choreography/ music. All instructors will come together and teach a track on the new release. IL=2/3

**BODYATTACK™ 3D (LES MILLS™)-** This is a 30 minute express version of BODYATTACK™ but with a more sporty feel! The essence of BODYATTACK™ is still there in this class! IL=2/3

**BODYPUMP™ (LES MILLS™) -** Les Mills body pump is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for-fast. Like all the LES MILLS™ programs, a new BODYPUMP™ class is released every three months with new music and choreography. This class promises to burn up to 600 calories per class. Team teaches will be once every three months with the launch of new choreography/ music. All instructors will come together and teach a track on the new release. IL= 2/3

**CARDIO JAM-** High energy, fast paced aerobic workout with fun easy-to-follow choreography. This is a great cardio dance class for everyone to enjoy! The entire time spent in class is a total body jam session. Sweating, shouting, laughing, moving, grooving, shaking, are some of the rules. IL=1/2

**CORE FOCUS TOGETHER** This class trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform - all to challenge you like never before. HARD CORE! IL= 2/3

**DEFEND TOGETHER** Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT! IL-2/3

**GENTLE YOGA/ BEGINNER (BEGIN.) YOGA-** Improve muscle tone, balance, flexibility, and strength. Stretching, breathing, and mindful awareness will be a focus. IL=1

**H.I.I.T. (High Intensity Interval Training)-** When it comes to calorie burning during exercise, research shows that H.I.I.T. training (shorter, higher-intensity interval workouts) burns more calories than longer, lower intensity aerobic workouts. You will get results in this class! This class will incorporate shorter segments of high intensity cardio work using the step, floor aerobics, and or the stairs as well as alternating longer segments of weight training. IL=3

**KICK BOX /CORE BALL-**This class is 30 minutes of kickboxing and 30 minutes of Core Ball. This is a great full body workout, incorporating a broad range of athletic drills, balance, coordination and strength building moves. Core Ball incorporates strengthening, toning, and stretching your entire body using exercises that combine stability balls and free weights. This class focuses on improving posture, balance, and flexibility all while challenging your core. IL=2/3

**KIDS DANCE PARTY-**This is the ultimate dance fitness party for young dance fans. This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! 1 2

**KIDS YOGA-** Class is 45 minutes. Improve strength, flexibility, and coordination. ... Kids will also learn self-respect and respect for others with the practice of fun and challenging poses, partner and group poses, lots of **yoga** games, breathing and basic anatomy. IL=1

**POWER HOUR-**A high intensity class filled with strength training, plyometrics, and speed drills etc. Take your workout and your body to a whole new level. This is an athletic class! IL=2/3

**POWER YOGA/POWER FLOW YOGA-**This vinyasa power flow class is lively and energetic. We do not follow a set sequence of postures. You can expect a great cardiovascular and strength building workout combined breath work for greater concentration and focus. Come prepared to take on new challenges with rapid movement through sun salutations and various asanas such as arm balances, twists, backbends, hip openers and a whole lot of core work to tone and balance your body. IL=2/3

**PIYO-** "Low impact, High intensity", This class combines muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle-big and small! IL=2

**PILATES-** A new, innovative flexibility and strength class. No impact focusing on core muscle strength and body conditioning. Class is limited to first 24 participants. IL=1/2

**POUND™-** Created by two female drummers, the **POUND™ workout** fuses cardio interval training with drumming to provide a challenging, heart-pumping workout. The constant up-and-down drumming targets your inner and outer thighs, butt, and core. And those drumsticks aren't just for show; at one-fourth pound per stick and a little shorter than the standard length, they're perfectly designed to maximize your arm workout. IL=1/2

**SILVER FIT-** Stay active! Stay strong! Designed for seniors and older adults, this class helps you keep and improve your Strength, Balance, and Flexibility. No matter your fitness level, instructors use a variety of exercises to make it fun and functional. IL=1

**SPIN 101-** This is a 30 minute spin class for beginners, or seniors. This class will mainly focus on endurance rides with some strengthening moves that will be incorporated on the bike. (This class is limited to first 20 participants). IL=1/2

**SPIN-** This is an exciting class using stationary bikes. Break a sweat and become part of the cycling addiction. Please bring a hand towel and water! (This class is limited to first 20 participants) If new please arrive 15 minutes early to be set up on a spin bike. IL=2/3

**STEP & SCULPT -** This class combines two all-time favorites. This class alternates five minutes of fat-burning step with two minutes of toning and strengthening exercises to give you the best of both worlds. Burn fat and tone those muscles-all in one hour! IL=2

**INTERMEDIATE and REGULAR YOGA-** Busy day at work or just need to relax! Yoga improves muscle tone, increases flexibility and reduces daily stress. (Class is limited to the first 24.) IL=2

**ZUMBA** -Zumba/Latin Jive fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA/Latin Jive! IL=1/2

Please send comments to Sharon Allen | Director of Fitness and Corporate Wellness of Southeast Family YMCA  
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