

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## 2009 Land Exercise Classes

June - December

**Free for YMCA Members**

**Non-Members: \$4.00 per class**

*if school is cancelled due to bad weather, aerobics classes will be cancelled also.  
Schedule is subject to change. Fitness Department may cancel classes due to lack of participation.*

**Monday:**

|             |                       |        |
|-------------|-----------------------|--------|
| 8:30A-9:15A | Toning/Exercise Balls | Dana   |
| 4:30P-5:20P | Step                  | Sandy  |
| 5:30P-6:15P | Step                  | Sandy  |
| 6:30P-7:30P | The Burn              | Menely |

**Tuesday:**

|             |                |        |
|-------------|----------------|--------|
| 8:30A-9:15A | Body Sculpting | Dana   |
| 5:30P-6:15P | Body Sculpting | Terri  |
| 6:30P-7:15P | Zumba          | Menely |

**Wednesday:**

|             |                                      |       |
|-------------|--------------------------------------|-------|
| 8:30A-9:15A | Body Sculpting                       | Dana  |
| 4:30P-5:20P | Step                                 | Sandy |
| 5:30P-6:15P | Step Aerobics ( <b>High Impact</b> ) | AJ    |
| 6:30P-7:15P | Zumba                                | Sandy |

**Thursday:**

|             |                         |       |
|-------------|-------------------------|-------|
| 8:30A-9:15A | Body/Flex               | Dana  |
| 4:30P-5:20P | Cardio/Strength/Stretch | Sandy |
| 5:30P-6:15P | Body Sculpting          | Dana  |
| 6:30P-7:30P | The Burn                | Diana |

**Friday:**

|             |           |           |
|-------------|-----------|-----------|
| 4:30P-5:20P | Step      | Sandy     |
| 5:30P-7:30P | Taekwondo | Christine |

**Saturday:**

|             |       |        |
|-------------|-------|--------|
| 9:00A-9:45A | Zumba | Menely |
|-------------|-------|--------|

Questions: Please ask Stacy Crase, Fitness Director



## 2009 Land Exercise Class Descriptions

### Body Sculpting:

**Tuesdays:** Swiss Balls working all muscles from head to toe. Includes Yoga stretching and toning to strengthen core muscles.

**Wednesdays:** Target all areas of your body with this class using weights, dynabands, and other resistance techniques.

### Step:

Technique will vary per instructor. If you are new to aerobics, come and watch a class or speak with the instructor so that you will know what to expect. Start out with half a class until you feel comfortable doing the entire session. Designed for basic and low to the NEW or seasoned exerciser, this class will be moderate intensity. Participants are encouraged to work at the level they want to.

### Step Aerobics:

**High Impact/Intensity** one hour step class to get the heart pumping! The routine consist of 5-10 minute kinetic warm-up. 40 minutes of fast paced step moves (128-142bpm), and a 10 minute kinetic cool-down. This is a great class to sweat to! BRING LOTS OF WATER!

### Total Body:

Total body workout using stability balls, resistance bands, and hand weights.

### Intermediate Step/Toning:

If you want a solid fat-burner, then this class is for you! A fun workout, this class combines intermediate step choreography with lower-body and upper-body toning. Don't shy away from this class just because of the choreography. The routine is broken down in an "add-on" style that makes it easy to learn the routine and get a good workout! Besides that, the upbeat music will get you in the mood to move your body! Come join the fun

### Body/Flex:

A class targeting flexibility and balance done to slow relaxing music. Principles of Yoga and Pilates.

### 20/20/20:

This is a segmented class of cardio-aerobic/step training, isotonic and isometric muscle training with weights, and flexibility, stretching and balance. It's a great way to get 60 minutes of cardio-aerobic work-out while utilizing and working and toning all muscle groups.

### Cardio/Strength/ Stretch

This is a low impact class designed to utilize cardio, strength, and stretching to improve overall fitness. Cardio/strength segments include a variety of styles such as interval training, boot camp and choreographed routines using traditional aerobics to salsa dance. Strength and toning will be achieved through use of hand weights, bands, stability balls and your own body. Each class will strive to improve flexibility by devoting an extended time period for stretching.

### Yoga

Integrates body and mind for total performance. Features strength training, cardiovascular conditioning, and flexibility. Yoga is safe and effective and appropriate for all ages and fitness levels, this class will also incorporate a few pilates moves as well.

### Sunrise Mix

Start your day off right. This class is a mix of strength, cardio and body toning.

### Kickboxing

Kickboxing is a **high-impact**, advanced workout that uses movements that will define and sculpt the entire body, as well as improve your cardio. It's an hour class that targets each muscle throughout the body and include an effective 15 minutes glute and ab workout at the end. It's an upbeat workout that will get you moving and get you excited about improving the way you look and feel about yourself.

### Zumba

Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. It's a way of mixing body sculpting movements with easy-to-follow dance steps.

### The Burn

This class will have no mercy on your muscles! Join us for some tough, no-nonsense strength training. We'll use a variety of weights and movements for full-body sculpting from every angle! Burn, baby, burn!

### Double-Step

Add a new dimension to your step routine with Double Step! We'll use two steps, side-by-side, and move from one step to the other. Along with some weight training, you'll get a good workout in this fun class!