

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

2009 Land Exercise Classes

June - December

Free for YMCA Members

Program Participants: \$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	Zumba	Menely

Tuesday:

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

Wednesday:

8:30A-9:15A	Body Sculpting	Dana
4:30P-5:20P	Step	Sandy
5:30P-6:15P	Step Aerobics (High Impact)	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/Menely

Friday:

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

Saturday:

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

