



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## FITNESS CLASS SCHEDULE

| <b>Monday</b>    | <b>Class</b>                | <b>Location</b>    | <b>Instructor</b> |
|------------------|-----------------------------|--------------------|-------------------|
| 5:30-6:15AM      | Cycling                     | Aerobics Room      | Susan             |
| 9:30-10:30AM     | Yoga                        | Aerobics Room      | Leah              |
| 5:30-6:30PM      | Zumba®                      | Gym 2              | Jonna             |
| 5:30-6:30PM      | Yoga                        | Aerobics Room      | Susan             |
| 7:00-7:45PM      | Cycling                     | Aerobics Room      | Amber             |
| <b>Tuesday</b>   |                             |                    |                   |
| 8:15-9:15AM      | Body Blast                  | Aerobics Room      | Amy               |
| 10:00-10:45AM    | MSROM/SilverSneakers®       | Aerobics Room      | Katrina           |
| 5:30-6:30PM      | Body Sculpt                 | Aerobics Room      | Rachael           |
| 6:45-7:30PM      | Boot Camp                   | Aerobics Room      | Stephanie         |
| <b>Wednesday</b> |                             |                    |                   |
| 5:30-6:15AM      | Cycling                     | Aerobics Room      | Carrie            |
| 8:15-9:15AM      | Basic Training              | Aerobics Room      | Brandee           |
| 10:00-11:00AM    | CardioFit/SilverSneakers®   | Aerobics Room      | Megan             |
| 5:30-6:45PM      | TRI Challenge (Jan 4-Mar10) | Aerobics Room      | Karen/Laura       |
| <b>Thursday</b>  |                             |                    |                   |
| 8:15-9:15AM      | Body Blast                  | Aerobics Room      | Amy               |
| 10:00-10:45AM    | MSROM/SilverSneakers®       | Aerobics Room      | Katrina           |
| 5:30-6:30PM      | Zumba®                      | Gym 2              | Jonna             |
| 5:45-6:30PM      | Butts-n-Gutts               | Aerobics Room      | Jenny             |
| 6:45-7:30PM      | Cycling                     | Aerobics Room      | Ryan              |
| <b>Friday</b>    |                             |                    |                   |
| 8:15-9:00AM      | Cycling                     | Aerobics Room      | Kim               |
| 9:30-10:30AM     | Yoga                        | Aerobics Room      | Elizabeth         |
| <b>Saturday</b>  |                             |                    |                   |
| 8:00-9:30AM      | TRI Challenge (Jan4- Mar10) | Aerobics Room/Pool | Tiffany           |



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## FITNESS CLASS DESCRIPTIONS

### Basic Training

Combines step, kickboxing, slide, aerobics, resistance training and stretching for a well-rounded workout with an easy to follow format.

### Body Blast

Cardiovascular conditioning with intervals of strength and core. Format varies based on the instructor's choice.

### Body Sculpt

Strength and toning for the entire body using stability balls, dumbbells and resistance tubing. All levels.

### Boot Camp

High energy cardiovascular workout incorporating strength training for the entire body.

### Butts-n-Gutts

The name says it all. Use a variety of activities to tone the gut and the butt. All fitness levels welcome.

### Cycling

Enjoy an indoor, non-impact cardiovascular workout that strengthens and tones the lower body. Participants journey across fast flat roads, rolling hills and slow climbs. New students should arrive early for proper bicycle set-up and instruction.

### TRI Challenge

For those training for a triathlon. Swimming, cycling, running, core and strength training.

### Yoga

Classic yoga using postures to release tension and stress, promote flexibility and strength, and restore health and peace of mind.

### Zumba®

Latin rhythms and easy-to-follow moves. Burn calories and energize your body with dance, interval training, resistance training and toning. Fee per class: Y Members, \$4.50; Non-members, \$5.00.

**You may purchase one class at a time at a drop-in fee, or purchase two or more on a fitness card at a discounted fee. Fitness cards are available at front desk. Cards are non-transferrable and non-refundable.**

### Fitness Class Fees

|              |            |             |
|--------------|------------|-------------|
| 1 Class      | Y member   | \$3.00 each |
| 2-15 Classes | Y member   | \$2.50 each |
| 16 Classes   | Y member   | \$35.00     |
| 1 Class      | Non-member | \$5.00 each |
| 2-15 Classes | Non-member | \$4.50 each |
| 16 Classes   | Non-member | \$63.00     |