

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Clinton County Family YMCA
950 S. Maish Rd.
765-654-9622
Frankfort, IN 46041



April 5, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AEROBICS STUDIO						
	Beginning Step 5:30-6:10AM Kim	All-Over Toning 5:30-6:10AM Kim	Beginning Step 5:30-6:10AM Kim	All-Over Toning 5:30-6:10AM Kim	Beginning Step 5:30-6:10AM Kim	
	Interval Training 6:15-6:45 AM	Step N Tone 6:15-6:45pm	Interval Training 6:15-6:45 AM	Step N Tone 6:15-6:45pm	Interval Training 6:15-6:45 AM	
AM	Pilates Sculpt 8:30-9:25AM Chris	Yoga 8:30-9:25 AM Carol	Pilates Sculpt 8:30-9:25AM Chris	Yoga 8:30-9:25 AM Carol	Pilates Sculpt 8:30-9:25AM Chris	Zumba 8:30-9:30 AM Chris
	Zumba 9:30-10:15AM Chris	Body Blast 9:30-10:30 AM Beth	Zumba 9:30-10:15AM Chris	Body Blast 9:30-10:30 AM Beth	Zumba 9:30-10:15AM Chris	
	Mid-Morning Cardio 10:15-11:15 AM Beth	Smokin Yoga Held in POOL 12:15 – 12:45 PM Chris	Mid-Morning Cardio 10:15-11:15 AM Beth		Mid-Morning Cardio 10:15-11:15 AM Beth/Melody	
LUNCH	Silver Sneakers 11:15-12:00 PM Beth		Silver Sneakers 11:15-12:00 PM Beth		Tai Chi 11:15-12:00 PM Suilon	
	Kickboxing 4:30-5:00 PM Cindy	* Boot Camp 4:25-4:55 PM Mike	Kickboxing 4:30-5:00 PM Cindy	* Boot Camp 4:25-4:55 PM Mike		
PM	A.B.S. Class 5:00-5:15 PM Cindy	A.B.S. Class 5:00-5:15 PM Mike	A.B.S. Class 5:00-5:15 PM Cindy	A.B.S. Class 5:00-5:15 PM Mike		
	* Adv. Step 5:20-5:55 PM Cindy	Zumba 5:30-6:15 PM Chris	* Adv. Step 5:20-5:55 PM Cindy			
	Core & More 6:20-6:55 Nancy	Yoga 6:00-6:45 PM Carol	Core & More 6:20-6:55 Nancy	Zumba 5:30-6:15 PM Chris		
				Yoga 6:00-6:45 PM Carol		
	Step-N-Sculpt 7:00-8:00 PM Beth					
CYCLING ROOM						
AM	* Spinning 10:20-10:50 AM Cheri		* Spinning 10:20-10:50 AM Carolyn		* Spinning 10:20-10:50 AM Carolyn	
PM	* Spinning 5:30-6:15 PM Nancy	* Spinning 5:30-6:15 PM Jeff	Spinning 5:30-6:15 PM Nancy	* Spinning 5:30-6:15 PM Jeff		

All classes subject to change. Participants must be 13 years or older or between ages 10-12 years with an adult (*some classes are restricted).

*Boot Camp, Advanced Step and Spinning classes – must be 15 yrs. or older to participate.

Child Watch hours: M/W/F 8:15 a.m. – 1:00 p.m. and 4:15-7:30 p.m. T/Th 8:15am – 12:00 p.m. and 4:15-7:30 p.m.

LAND CLASS DESCRIPTIONS

Pilates Sculpt

A class designed to strengthen & stretch the whole body, making the muscles longer, leaner & well defined as well as improving flexibility.

***Adv. Step**

This class will advance you to the next level of step aerobics. Dynamic combinations of step choreography will keep your workout exciting and new.

**Must be 15 yrs. or older*

Silver Sneakers

Music and workout especially designed to meet the needs of mature and/or physically challenged adults. Build muscular strength and endurance with the assistance of chairs, resistance bands and balls, hand-held weights and your own body weight.

Benefits: improve coordination, posture, muscular and joint strength.

Yoga

A class designed to help you improve strength, flexibility, balance, posture & reduce stress.

Core & More

A total body strength training class with emphasis on the core muscles to tighten & tone your mid-section. Static stretches at the end of class makes a well rounded addition to your workout.

Beginning Step

Cardio step class designed with the novice exerciser in mind. Gentle step choreography set to energizing music to start your day. Risers available for the intermediate exerciser.

All-Over Toning

This class will tighten and tone your whole body. Resistance training with balls and bands to increase all over, total body strength.

***Boot Camp**

A high impact, interval training class to get the maximum burn with toning. A great workout finished in a 30 minute class. **Must be 15 yrs. or older.*

***Spinning**

An indoor workout with outdoor fun! Focuses on lower body strength and endurance. Added hand-weights for the upper body. **Must be 15 yrs. or older.*

Body Blast

Have a blast while boosting your metabolism, strengthening and sculpting muscles, and improving your cardio-vascular endurance through interval training to upbeat music. We will combine step aerobics, Bosu aerobics and toning, floor aerobics with strength moves for a calorie-burning workout. Invigorating!!

Step-N-Sculpt &

Strengthen your cardio-vascular system while sculpting legs, lower body and all major muscles (including core) through the use of a step bench (and occasionally a Bosu). This class will add a little “oomph” to your weekly workout routine and could possibly even be your “plateau breaker.”

Zumba

This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Mid-Morning Cardio

Low-impact floor cardio. This class is for anyone who wants the benefits of an aerobic workout minus the “bounce” or impact. Includes light toning and stretch. Benefits: Burn calories, improve cardio-vascular health, posture, coordination and circulation.

A.B.S. Class

Abdominals-Back-Strength

15-minute class exclusively to strengthen the abdominals and back.

Tai Chi

An especially designed form of Tai Chi sponsored by the Arthritis Foundation. Originating in ancient China, Tai Chi is a gentle exercise that is easy to learn. Effective and safe motions increase heart and lung activity, aligns posture, improves balance and integrates the mind and body. Suitable for anyone.

Kickboxing

Designed to use kickboxing moves to get your maximum benefits of cardio needed to burn the calories & tone up muscles. Strength toning.

Smokin Yoga

This class is sure to burn the calories, make you more flexible and to give you an over all relaxing feeling. This class will be taught on the pool deck in 85°heat. (bring a sweat towel) Wear regular YOGA clothes or shorts and shirt. You must provide your own YOGA mat (for germ control in a heated area).

Step & Tone

This step class is to get your heart pumping in the early morning with cardiovascular and strengthening exercises to give you that over heart conditioning and toning.

Interval Training

This class is designed to use a variety of equipment to give you that maximum burn.

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Pool Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Water Mobility 6:30-7:15 AM Fran/Donna		Water Mobility 6:30-7:15 AM Fran/Donna		Water Mobility 6:30-7:15 AM Fran/Donna	
AM	Water Mobility 8:00-8:45 AM Suilon/Rae		Water Mobility 8:00-8:45 AM Suilon/Rae		Water Mobility 8:00-8:45 AM Suilon/Rae	
	Water Works 10:00-11:00 AM Connie	Water Pilates 10-11:00 AM Connie	Water Works 10:00-11:00 AM Connie	Water Pilates 10-11:00 AM Connie	Water Works 10:00-11:00 AM Connie	
		Smokin Yoga 12:15 – 12:45 PM Chris				
PM	Water Fitness 6:00 – 7:00 PM Cindy/Deb	Water Fitness 6:30 – 7:30 PM Elizabeth	Water Fitness 6:00 – 7:00 PM Cindy/Deb	Shallow Water Aerobics 6:30 – 7:30 PM Elizabeth		

WATER CLASS DESCRIPTION

Water Mobility: Water exercise designed for joint mobility. Medically approved by the National Arthritis Foundation, instructors have been certified by the National Arthritis Association.

Water Pilates: Designed to strengthen & stretch the whole body, making muscles longer, leaner and well defined as well as improving flexibility.

Water Works/Water Fitness: Cardio workout in the shallow end of the pool. No swimming required. At the end of class, we tone our legs and abs.