
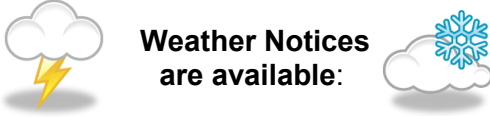



SUMMER 2010

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					7:30-8:15 Step Express Therese
					Core Balance & Strength Training Charlie WILL RETURN IN THE FALL
9:00-10:00 Water Aquasize Henry \$		9:00-10:00 Water Aquasize Henry \$		9:00-10:00 Water Aquasize Henry \$	
9:15-10:00 Step & Sculpt Ed			 Healthways SilverSneakers Fitness Program	9:15-10:00 SilverSneakers® YogaStretch Rosemary Begins 7/16	
10:00-10:45 Pilates Ed			10:30-11:15 SilverSneakers® Muscular Strength Audrey No class 6/10	10:00-10:45 Mind Body Fusion Rosemary Begins 7/16	10:30-11:15 SilverSneakers® Muscular Strength Bill
11:30-12:15 Easy Does It Ed				 Weather Notices are available:	
				On TV: News Chanel 8/My TV 9	
	5:45 – 6:30 Functional Training for Children Starting 7/13	NEW CLASS 		On the Radio: WICC 600 am or WEBE 108 107.9 fm	
5:45-6:30 Tighten 'n Tone Helen		5:30 – 6:20 Total Fitness Charlie P	6:00-7:00 Kripalu Yoga Laurie		
	8:00-8:45 Water Aerobics Krystal \$	8:00-8:45 Water Aerobics Krystal \$			

THIS SCHEDULE IS EFFECTIVE June 7, 2010

TIMES ARE SUBJECT TO CHANGE.

CLASSES PENDING DUE TO ENROLLMENT REQUIREMENTS.

\$Additional fee is required for this class

All Silver Sneaker Classes are open to all members.

Silver Sneaker Members can take any of our free to members Fitness Classes

Step or Cardio Express

Step aerobics are a fun and powerful, low-impact workout. We start with the basics and add intensity and more variety each week. Results are dramatic.

Tighten N' Tone

A toning & strengthening class set to music that includes light weights, abs & floor work.

Pilates

This fitness craze develops the core muscles to improve posture, strength, flexibility, coordination and balance.

Total Fitness

This class combines many elements– cardio kickboxing, strength training, abdominal work and stretching .

Abs, Buns & Legs

This body toning class emphasizes upper body, abs, buns & legs.

Yoga

Stretch, strengthen and balance your whole being for people of all levels. Guided meditations, stress reduction techniques & methods to develop a healthy spine are presented.

“CBS” Core Balance and Strength Training

A four week class starts you off \to resistant training using a combo of few weights and machines– an opportunity to achieve your fitness goals. Each session includes core exercised for improving balance, stability , and overall toning.

Cardio Kickboxing

This kickboxing class is a sensational workout program that will have the sweat pouring, your heart pounding, and the pounds shedding all in an environment that is warm, inviting and friendly.

Aquacize \$ (Additional fee for this class)

Males and females of all ages and fitness levels are welcome. An aerobic class, performed in the water, that’s great for those who don’t want to subject their bodies to the stress associated with land exercise. This low impact, high benefit program gives everyone just what they’re looking for. No swimming ability required!

Functional Training for Children (12 and up)

A functional training class designed for children 12 and up, integrating kettle bells, dumbbells, body bars, martial arts and dance. The class is sports specific training designed to work on strength power, flexibility and balance.

Silver Sneakers Class Descriptions:

SilverSneakers® Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a silver sneakers ball are offered for resistance, and chair is used for seated and/or standing support.

SilverSneakers® YogaStretch

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.