

Aerobics Class Descriptions

Anything Step - A step class with variety...from Step to HEAT to Double Step, you never know what you might get!

Aqua Cardio– Challenging yet fun-filled cardio class intended to increase cardiovascular endurance while using water resistance.

Beach Upper Body– 30 min. of upper body sculpting.

Beach Body Sculpt– Get beach ready with Total Body Sculpting.

Boot Camp - GIVE ME 10!! This class will push your limits of strength and endurance. Jog/walk the soccer field, push-ups and sit-ups, this class isn't for the faint at heart.

Cardio Combo - For those who like to do it all! Includes step, Hi/Lo, and strengthening movements.

Cardio Resistance– Cardio and sculpting using a variety of equipment continually moving.

Deep Water Cardio– Advance water workout including laps, treading and various resistance exercises.

Extreme Step – Get a great Cardio step workout!

Simple Stretch n Abs– Athletic stretching and abs!

Step Ism– Alternating intervals of step and sculpting.

Sculpt X—30 minutes to a great abs, back and bottom.

Water Sculpt– Exercise in the pool using resistance floats for a low- impact cardio workout.

Yogalates– a moderate intensity class focusing on core strength mixing yoga and pilates.

Youth Fit Zone– a youth circuit for ages 10-12 consisting for cardio and strength training—all supervised by a YMCA staff member.

Please allow Instructor 5min.grace between classes.

Note: Every other Tuesday at 6:00 Cardio Class.









YMCA MISSION STATEMENT: "To put Christian principles into practice through programs that build healthy spirit, mind, and body for all."

RIVER WALK BRANCH



JUNE - JULY 2008 Group -X Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am	Anything Step (Leslie)	Beach Body Sculpt (Velda)	Boot Camp (Leslie)	 Yoga (Velda)	Yogalates (Summer)	
10:30am	Cardio Resistance (Leslie)	 Water Sculpt (Velda)		 Water Sculpt (Velda)		
11:30am						
5:00pm						
5:30pm	Cardio Combo (Lisa K)	Sculpt X (Leslie)  Youth Fit Zone (Wellness Center)		Extreme Step (Velda) Youth Fit Zone (Wellness Center)		
6:00pm		Stepism 1st & 3rd wk.  (Leslie) Cardiobox 2nd and 4th wk.	Beach Upper Body (Lisa M)			
6:30			 Aqua Cardio (Lisa M)	Deep Water Cardio (Velda)		



Denotes Family Friendly Classes for Ages 12 and up