

PIERSON ROAD YMCA - AEROBIC SCHEDULE

Winter 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 A.M.						Step
9:00 A.M.	Double Trouble	Step	Step	Step	Step Interval	Greshock Boot Camp
10:15 A.M.	Senior Stretch & Flex	Yogalates	Beginner Step	Yogalates	Instructors Choice	
5:00 P.M.		<u>Step It Up!</u>				
5:30 P.M.	Step		Step			
6:00 P.M.		Cardio Kickboxing		Instructors Choice		
7:00 P.M.	Zumba (7:30p)	Mind - Body Fusion	Zumba (7:30p)	Mind - Body - Fusion		

Beginner Step - A class with beginners in mind. This class will teach you the basics and prepare you for future challenges.

Step Class - A high intensity, low impact class geared toward getting your heart rate up and waist line down.

Double Trouble - A cardio step class that also incorporates strength and toning exercise to give you a well rounded workout

Cardio-Kickboxing - A fast paced, challenging workout that is designed for every level of participant. Everyone will enjoy this high energy workout.

Mind - Body Fusion - A Hybrid Class involving Pilates, Cardio and Strength. Another Marie Jones-Watts masterpiece!

Pilates - Focuses on the core postural muscles which help keep the body balanced and which are essential to providing support for the spine.

Yogalates - This class will combine the Yoga and Pilates principals into one relaxing and fun class.

Greshock Boot Camp - Build Strength and endurance in this station to station exercise format. Fun and challenging!

Zumba - Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program

All Classes are FREE for YMCA Members! Please arrive early to secure a spot in class.

Community members must purchase a day pass to attend class.