



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

GREATER WEST POINT FAMILY YMCA

May-2012

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|---------------|
| Low Impact(L) 9:00-10:00am Carol | Zumba(M-H) 9:00am-10:00am Melissa | Low Impact(L) 9:00am-10:00am Carol | Zumba(M-H) 9:00am-10:00am Melissa | Low Impact(L) 9:00am-10:00am Carol | |
| Young at Heart(L) 10:15am-11:15am Jeanie | | Young at Heart(L) 10:15am-11:15am Jeanie | | Young at Heart(L) 10:15am-11:15am Jeanie | |
| | | | | | |
| | | | | | SUNDAY |
| Zumba(M-H) 5:00pm-6:00pm April | | | | | |
| Kick Boxing(H) 6:00pm-7:00pm Bunny | | | Kids Kickin It 5:30pm-6:00pm Amee | | |
| | Kids Kickin It 5:30pm-6:00pm Amee | | Zumba 7:00pm-8:00pm Melissa | | |
| | Abs & More 6:00pm-7:00pm Amee | | | | |

(★) All intensity levels (L) Low (M) Medium (H) High

Class Descriptions:

Abs & More-A dynamic class,specifically designed to challenge the core muscles,that uses all of the five components of physical fitness. (M,H)

Kick Boxing-This class takes all of the elements of a kickboxer's training program and puts them to music in a great cardiovascular and toning workout.A combination of both high and low impact levels makes for a challenging class. (M,H)

Kids Kickin It-Kickboxing increases alertness,endurance,flexibility & harmony among your body parts & senses;it's a great way for children to be active & healthy. Ages 6 & up

Low Impact-A combination class of light intensity movements and strength exercises to provide a full-body workout.Stretching and flexibility form an important component of this group exercise class. (L,M)

Young at Heart-A class for seniors looking to improve cardiovascular health,muscle strength,and endurance,and flexibility for increased ability to perform daily activities with ease. (L)

Zumba-The hottest Group Exercise trend in the country.It is a blend of the dances,fitness and passion of the Latin community.It is perfect for any beginner to exercise and is labeled"exercise in disguise".

It is recommended that you consult your physician prior to starting any exercise program.