

Ruby C Hunt YMCA

December 2009

Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 9-10	Sunday 3:45- 4:45
5:00 5:45			Step w/ Cathy			12/5 Yoga w/ Rene	CYCLE
5:15 6:00		Cycle w/ Bruce		Cycle w/ Bruce		12/12 Step w/ Renita	
9:15 10:00	Cycle w/ Crystal	Practical Fitness w/ Kelly	Cycle w/ Crystal	Practical Fitness w/ Kelly		12/19 TBA	
10:00 11:30	Yoga w/ Buddy					12/26 TBA	
Evening Classes							
4:30 5:25						TBA	
5:30 6:25	Cycle Circuit w/ Paul	Step w/ Renita	Yoga w/ Rene	Turbo Punch w/ Pam		Saturday 10-11 Cycle	
6:30 7:25	Yoga w/ Rene		Cycle w/ Melissa	Drop It, Rip It, w/ Amanda		12/12 free spin no instructor	

Formats and instructors are subject to change.

See the back or visit our website: www.clevecoymca.org for course descriptions and more information. ***Classes in bold are recommended for beginners.**

In case of inclement weather, classes may be cancelled.

Please call the YMCA at 704-434-0441

YMCA Mission:

Helping all people reach their God given potential in spirit, mind and body.



FITNESS CLASS DESCRIPTIONS

Classes are for ages 15 & up. Children ages 10-14 may attend with a parent. We suggest that everyone, especially children, start with beginner and intro level classes. These classes are marked with an asterisk (*) below. Please inform the instructor if you are new and of any medications or medical conditions that might affect your ability to exercise. Those with muscular or joint injuries, inflammation or other limitations should check with the instructor to find an appropriate class.

*Cycling: High-intensity, calorie-burning class. Space is limited, so come early! Bring a towel and water bottle; cycling shorts recommended. Adaptable to all fitness levels.

*Drill Blast: Great Cardio workout. Combination of power, agility, and speed drills. Gets your heart rate going up and down and your body always guessing which allows for maximum calorie burn!

Drop It, Rip It: Complete body workout designed to boost your metabolism while toning each muscle group. Can be adapted for all fitness levels.

Kickboxing: A great calorie burner! This is a unique combination of aerobics and martial arts. Not recommended for those with muscular or joint injuries, inflammations or other limitations. Intermediate to Advanced and high impact.

*Practical Fitness is designed to help with flexibility, functional strength and endurance with the aid of music and equipment for motivation, inspiration, and assistance.

*Step: A great workout that keeps your heart pumping. For All fitness levels.

Turbo Punch: Total Body Workout that will get your Heart and Muscles Pumping! High Energy Cardio combined with Kickboxing. Great for the Core! Not recommended for those with muscular or joint injuries, inflammation or other limitations. Intermediate to Advanced.

*Yoga: Strength training, stretching, abdominal work and relaxation for terrific all around toning. All levels.

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