

Winter MCA

Group Exercise

CLASS DESCRIPTIONS

Crunch Time

This class is designed to increase abdominal strength and condition your back using different body positions, tempos, and equipment to effectively work the abs and strengthen the back.

Cardio Kick

Get ready to sweat in this "Fat Blasting" class filled with jabs, punches, kicks and power moves. Combine cardio kick-boxing with resistance training and aerobic intervals and you have the non-stop variety that is a Cardio Kick/Circuit class.

Quad Step

This class uses 4 Step Benches to give you a fun and challenging step workout.

Combo Fitness

Combo Fitness is a fun, total body workout that combines step aerobics, cardio kick, and strength training into one class.

Kickin it Bootcamp

Stay non-stop motivated while alternating aerobic intervals with resistance training exercises. This class will strengthen both your muscles and your heart!

Bootcamps

Circuit classes combining plyometrics, agility, strength and resistance training in self and group motivating atmosphere.

Zumba®

Zumba® features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt our body while burning fat. Mix in Latin music and you have a fun Zumba® class.

Power Sculpt

Looking for a challenge? Work your entire body in this intense conditioning class using a variety of resistance exercises.

Basic Step/ Step

These classes will help improve your cardiovascular fitness while emphasizing the lower body muscles. They are great for all fitness levels because you can vary the height of the step to increase or decrease intensity.

Indoor Cycling Class

Indoor cycling class is an aerobic exercise that takes place on a specially designed stationary bicycle. Although you follow the general instructions of the cycling teacher, you are in control when it comes to your pace.

Group Exercise Studio schedule is on the reverse side.



Clark County Family YMCA

Group Exercise Schedule Winter 2010

	Mon	Tue	Wed	Thu	Fri	Sat
Early bird Classes	5:30 am- 6:30 am Indoor Cycling Class <i>All levels w/Susan</i>		5:30 am- 6:30am Indoor Cycling Class <i>All levels w/Susan</i>			
8:30 -9:30 am						Circuit Step <i>All levels w/Dori</i>
9:15-10:15am	Cardio Kick <i>All Levels w/ Melissa</i>	Boot Camp <i>All levels w/ Jenny</i>	Cardio Kick <i>All levels w/Melissa</i>	Boot Camp <i>All Levels W/Rebecca</i>	Step <i>Level II w/Jenny</i>	
10:15-10:45	Power Sculpt (ends at 11:15am) <i>All levels w/Melissa</i>	Crunch Time <i>All levels w/Jenny</i>	Power Sculpt (ends at 11:15 am) <i>All levels w/Melissa</i>	Crunch Time <i>All levels W/Rebecca</i>		
4:30-5:30pm	Basic Step & Sculpt <i>All levels w/DeAnna</i>		Basic Step <i>All Levels w/Jenny</i>			
5:45-6:45pm	Zumba® <i>All levels w/DeAnna</i> <u>Begins March 15</u>	Indoor Cycling Class <i>All levels w/Jenny</i>	Strength & Endurance <i>All levels w/Heather</i>	Quad Step <i>Level II-III w/Jenny</i>	Boot Camp <i>All levels w/DeAnna</i>	
6:55 -7:55pm	'Kickin it' Boot Camp <i>All levels w/Melissa</i>	Combo Fitness <i>All levels w/Dori</i>	Cardio Kick <i>All levels w/Melissa</i>	Combo Fitness <i>All levels w/Dori</i>		
8:00pm				Aikido Class <i>*Fee Class</i>		

Rev. 2/26/10

- * All levels – Classes where instructors will demonstrate various intensity options. It is your responsibility to choose movements appropriate for your body.
- * Level I – Classes are ideal for members who are new or returning to exercise, or for those who prefer a lower intensity.
- * Level II – Classes are appropriate for participants familiar with group exercise terms and moves and who prefer a moderate to high intensity.
- * Level III – Because of complex choreography, participants should have prior step experience.

For a greater variety of classes, please see the Relaxation Studio class schedule.