

Winter 2010	Price		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Exercise</b>	M	CM	<b>Fitness Pass M- \$4 CM- \$6 and Fitness Punchcard 18 classes M-\$54 CM-\$90</b>						
<b>Morning Classes</b>									
Indoor Group Cycling	\$15	\$30	5:30-6:30 a.m.	5:30-6:30 a.m.	5:30-6:30 a.m.	5:30-6:30 a.m.	5:30-6:30 a.m.		
Indoor Group Cycling *Classes are free to Members	\$15	\$30			9:00-10:00 a.m.		*9:00-10:00 a.m.	*8:00-9:00 a.m.	
Aerobic Diversity	Free	\$30						9:00-9:50 a.m.	
Boot Camp	\$15	\$30		9:00-10:00 a.m.		9:00-10:00 a.m.			
Body Sculpt	\$15	\$30	9:15-10:15 a.m.		9:15-10:15 a.m.		9:15-10:15 a.m.		
Step-N-Sculpt	Free	\$30		9:15-10:15 a.m.		9:15-10:15 a.m.			
<b>Afternoon/Evening Classes</b>									
Circuit Intervals	Free	\$24	4:30-5:15 p.m.		4:30-5:15 p.m.				
Step Cardio	Free	\$24		4:30-5:15 p.m.		4:30-5:15 p.m.			
Cardio Blast	Free	\$24	5:30-6:15 p.m.						
Kickboxing	Free	\$24			5:30-6:15 p.m.				
Indoor Group Cycling	\$15	\$30	5:30-6:30 p.m.		5:30-6:30 p.m.				
Zumba	\$12	\$24	6:30-7:15 p.m.	5:30-6:15 p.m.		5:30-6:15 p.m.			4:00-5:00 p.m.
Bosu Blast	\$12	\$24			6:30-7:15 p.m.				
Intro to Fitness and Beyond	\$10	\$20		6:00-7:00 p.m.		6:00-7:00 p.m.			
Body Sculpt	\$12	\$24		6:30-7:15 p.m.		6:30-7:15 p.m.			
Yogalates	\$12	\$24	7:30-8:15 p.m.						
Station Madness	\$12	\$24			7:30-8:15 p.m.				
Y-Boxing	\$12	\$24				7:30-8:15 p.m.			



*Winter II Registration: Members- February 8 Community- February 15 Session: February 22-April 4*

# YOGROUP EXERCISE™

## Group Exercise Program Schedule

**Kosciusko Community YMCA Winter II Registration: Members– February 8 Community– February 15 Session: February 22–April 4**

**Aerobic Diversity** Exercise instructors will rotate to offer a variety of classes on a rotating schedule.

**Body Sculpt** This class focuses on muscular endurance promoting muscular definition. A mixture of light to medium weights along with other exercise equipment will be used to increase the heart rate for an effective fat burning workout. Ab work included. *All fitness levels welcome.*

**Boot Camp** The workouts will be based upon the same format of exercises as those used by the U.S. Marine Corps. Individuals need to possess the willingness to push themselves to a new level of fitness. *All fitness levels welcome.*

**Bosu Blast** Ultimate fitness with balance utilizing the Bosu Ball. Abs included. Great arm and leg toning. *Intermediate to advanced class.*

**Cardio Blast** Be ready to “bring it” as you burn major calories. Step aerobics, kickboxing, resistance training and abs are all included. Energetic music and moves add fun too! Participants are encouraged to work out at their own pace. *All levels welcome for a great cardio workout.*

**Circuit Intervals** Three minutes of cardio followed by one minute of weights and squats. This is a powerful and effective workout ending with abs.

**Indoor Group Cycling** These classes can accommodate the beginning to advanced cyclist. Your instructors will lead you through a workout with great music. All classes are held in the Indoor Group Cycling Room. All bikes have the option of using cross training shoes, LOOK, or SPD style cycling shoes.

**Intro to Fitness and Beyond** Learn what happens to your body when you exercise. Learn the proper use of equipment. Learn some of the best methods to improve cardio and muscular fitness– methods, intensities, reps and resistance. This class is open to all adults interested in starting or improving their fitness program.

**Kickboxing** The ultimate cardiovascular challenge! This class offers bouts of intense intervals, easy to follow, fun-filled combinations, and kickboxing specific strength/endurance training providing sculpted results. *Advanced to intermediate class.*

**Station Madness** Feel the burn! This class includes cardio and strength. Individuals will rotate between 10-12 stations working on cardio and strength while listening to great music. Looking for a different way to burn the calories and create definition? This is the class for you! *Women and men of all shapes, sizes, ages and fitness levels.*

**Step Cardio** This is a moderate impact class that involves a wide range of step patterns on an adjustable bench. It incorporates a cardiovascular workout as well as toning and strength exercises using hand weights and body resistance.

**Step-N-Sculpt** Get ready to move in this fat burning cardio step class! This high energy class provides muscle shaping, toning and abdominal work.

**Y-Boxing** Punching bags, gloves, and experience not needed. Come try our boxing class to increase strength, endurance, and self discipline. This class is high intensity, be ready to burn calories and get a great workout.

**Yogalates** Mix of yoga and pilates for core strength and overall flexibility.

**Zumba** Dance your way to a fitter you with exciting and unique latin moves and rhythms. A latin/hip-hop dance fitness class that’s great for everyone! It’s fun - the type of exercise you want to do everyday, and feel good about doing. *All fitness levels welcome.*