



PIERSON ROAD YMCA - AEROBIC SCHEDULE

Summer 2010 (Beginning May 9th)

	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	Senior Stretch & Flex	Yogalates	Senior Stretch Beginner Step	
5:00 P.M.		<u>Step It Up!</u> Kids 10 - 14				
5:45 P.M.	Step	Cardio Kickboxing	Step	Marie's Choice		
6:45 P.M.	Funk Aerobics		Funk Aerobics			

All Classes are Free to YMCA Members and Guests

Stretch & Flex - A low intensity class focusing on range of motion and light strength training. For Health Seekers and Seniors.

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.

Funk Aerobics - This is a mini-boot camp style of class that will incorporate various exercises to get you moving.

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!

Step It Up - A fun, faced paced Step Class designed for kids only. Begins May 25th