

Y TOTAL HEALTH™

We build strong kids, strong families, strong communities.

Effective: 07/19/2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30am Step Aerobics		8:30-9:30am Step Aerobics	9-10am Indoor Cycling	8:30-9:30am Step Aerobics	
	9-10am Indoor Cycling	9:30-10:30am ½ & ½		9:30-10:30am Trekking	
10-11am Senior Aerobics		10-11am Senior Aerobics		10-11am Senior Aerobics	
		11-12pm Zumba			11-12pm Zumba
5:10-5:30 Stretch	5:10-5:30pm Stretch		5:10-5:30pm Stretch		
5:30-6:30pm Step N' Sculpt	5:30-6:30pm Step N' Sculpt	5:30-6:30pm Zumba	5:30-6:30pm Step N' Sculpt		
6:30-7:30pm Zumba					

Zumba: A Latin-inspired dance fitness class with body-moving music makes this a dynamic, exciting and effective fitness system. Combining varying rhythms that tone & sculpt, you will achieve a blended balance of cardio and muscle toning benefits. Dance moves are easy to follow and may include salsa, merengue, hip-hop, calypso, Cumbia.

Step Aerobics: This is a brisk, straightforward and easy-to-follow workout. Learn safe and effective step techniques.

Step-N-Sculpt: This classic step workout is followed by strength training with bands, weights and bars.

Senior Aerobics: This is light weight training that will help improve your daily functioning. This class works on strength, balance and coordination.

Stretch: This brief class is designed to stretch muscles and is great in combination with any exercise regime.

Circuit: This is a high intensity workout with cardio exercises, equipment and weight stations.

Trekking : One full hour of treadmill walking! The treadmill adjusts our incline and the instructor adjusts your speed. Although for beginners, you may adjust your speed accordingly.