



# METABOLIC PLAYGROUND

## ***NEW CLASS BEGINS 3/5/12***

- Become more metabolically active and burn more calories
- Improve balance, strength, coordination and conditioning
- Use Power Plate, ViPR, Battle Rope, TRX and Kettle Bells
- Heart rate monitors\*
- Work at your own level based on target heart rate zones

**BEGINS:** Class begins 3/5/12

**DAYS:** M, W, F

**TIME:** 6:00AM

**CLASS:** Limited to 8

**REGISTER:** Pick up form at the Information Center

\*Heart Rate monitors required to participate in the class

**For more information contact:**

**Dan Duran at 530.673.6900 ext. 207 or [dan@ycrc.com](mailto:dan@ycrc.com)**