

Effective 4-16-12	MON	TUES	WED	THURS	FRI	SAT	SUN
5:15AM	BODYPUMP	MORNING RIDE	BODYPUMP	INTERVAL RIDE			
8:00AM	SH'BAM	BODYPUMP	INTERMEDIATE STEP	BODY FLOW	BODYPUMP	GROUP RIDE	BODY FLOW
						BODYPUMP	
9:00AM			GROUP RIDE		POWER CYCLE		CX30
	BODYPUMP	BODY FLOW	ZUMBA	BODYPUMP	INTERMEDIATE STEP	BODYPUMP	
9:30am	POWER CYCLE						
10:00am	BODY FLOW	BODYVIVE	BODY PUMP	BODYVIVE	BODY FLOW	BODY FLOW	
	AQUA AEROBICS ALL LANES (A/O)		AQUA AEROBICS		AQUA AEROBICS		
11:00AM	AQUA AEROBICS		AQUA AEROBICS	ZUMBA	AQUA AEROBICS	YOGA	
	YOGA		YOGA				
12:00PM	BODY COMBAT	BODYPUMP	BODY COMBAT	BODYPUMP	CX30	INDOOR POOL Lane 1 Reserved 10am-12pm & 1:30pm-2:30pm For Aquatic Physical Therapy Mon.- Fri.	
	SILVER CIRCUIT				SILVER CIRCUIT		
4:00PM	CX30		CX30				
4:30PM	BODY FLOW	BODYPUMP	BODY FLOW	BODYPUMP		FAMILY SWIM 12-7:45pm	AQUA AEROBICS
5:15PM	CRAZY CYCLE	PEDAL TO THE METAL	CRAZY CYCLE	PEDAL TO THE METAL		Sat. & Sun. in Indoor Pool	A/O are adult only classes 14 yrs of age and older
5:30PM	BODYPUMP	INTERMEDIATE STEP	BODYPUMP	BODY COMBAT	BODY COMBAT		Group Exercise
6:30PM	POWER CYCLE	CORE RX-45	POWER CYCLE (STARTS 11/9)	CORE RX-45	ZUMBA	MIND BODY	
	BODY COMBAT		ZUMBA			CYCLING CLASSES	
7:30PM	YOGA (A/O)	BODYPUMP	YOGA (A/O)	BODYPUMP			

CLASS DESCRIPTIONS

ALL OF OUR CLASSES ARE FOR MEMBERS 11 YEARS OF AGE AND UP. CHILDREN 11-13 MUST BE ACCOMPANIED BY THEIR PARENT UNLESS THE CLASSES ARE MARKED A/O, WHICH ARE FOR ADULTS ONLY 14 YEARS OF AGE AND UP.

AQUA

- **AQUATIC THERAPY**—A pool therapy program for IPTS (Integrated Physical Therapy Services) patients. Lane 1 only from 8am to 5pm....Days and times may vary seasonally. Check Group Exercise Menu for exact times.
- **H2O COMBO**— Combo of wave, kickboxing and stretching. Exercise's are geared toward arthritis sufferers as well as anyone interested in becoming more fit.
- **JR. STROKE CLASS**—Stroke lessons with Dottie Banta. See flyer for more details.
- **WAVE AEROBICS**—Water specific aerobic exercise to motivating tunes. Walk, jog, kick, jump, rock and scissor your way through a great workout. Great for beginners.
- **DEEP WATER AEROBICS**—(Deep water is only held in the summer months) Held in outdoor pool using a flotation belt. (belt is provided) NO IMPACT !Water specific aerobic exercise to motivating tunes. Walk, jog, kick, jump, rock and scissor your way through a great workout. Great for beginners. These classes are held in the outdoor pool during the summer months.
- **SWIM INSTRUCTION**—Lessons for: preschool, youth and adults. Offering private, semi-private and group instruction. For more information contact Terry Townsend, phone # 673-6900 X109 or terry@ycrc.com.

GROUP EXERCISE CLASSES

- **BODYCOMBAT**— This energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Strike, punch, kick and kata your way through calories to superior cardio fitness.
- **BODYPUMP** - Weight training to music..."The Fastest Way in Universe to Get In Shape!"
- **BODYVIVE** - Is a low-impact, integrating: aerobic exercise for heart fitness, resistance training for strength and stability, as well as stretching and mobility work. Using Vive balls, Vive tubes and optional hand weights.
- **BODYVIVE CARDIO 1/2 Hr**— A 1/2 hour of the cardio portion of the Body Vive program.
- **SILVER CIRCUIT**—Senior members work on balance, strength and cardio in the Pilates room. Ask Irene Asay or Mindy Dupont for details.
- **ZUMBA** - The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program.
- **SH'BAM** - Featuring simple but seriously hot dance moves, SH'BAM is the perfect way to shape up and let out your inner star-even if dance isn't your natural thing.
- **CX30** - This 30-minute workout is formulated with a carefully structured, scientific approach and intensity that will tighten and tone, improve functional strength and assist in injury prevention. Class consists of exercises that both isolate and integrate muscle groups of the abs, back and butt.

MIND BODY

- **BODYFLOW** - Combination of Tai Chi, Yoga & Pilates mat exercises
- **Butts, Guts & Yoga**—lower body conditioning followed by 45 minutes of yoga
- **YOGA** - Builds muscle strength and flexibility with continuous yoga movements

CYCLING CLASSES

- **CRAZY CYCLE** - Cycling class with Cyndi Shatswell
- **GROUP RIDE** - Cycling class with various instructors
- **POWER CYCLE** - Cycling Class (1 hour)
- **MORNING RIDE** - Early Morning Cycling Class
- **PEDAL TO THE METAL** - Cycling class
- **INTERVAL RIDE** - Interval training that will include hill climbing, sprints and jumps
- For children 11 to 13 who participate in a cycling class riders must fit on the bike appropriately, according to the instructor, to be in the class.