

Winter Aerobics/Cycling Brochure

Jan. 2-Feb. 19 (7 Week Session)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
S.H.R.E.D. Rachael 5:35-6:35am	Group Cycling Jess 5:45-6:45am	S.H.R.E.D. Rachael 5:35-6:35am	Group Cycling Jess 5:45-6:45am	S.H.R.E.D. Rachael 5:35-6:35am	Body Blast Rachael 7:30-9am	
Group Cycling Rachael 7:10-7:40am	Cardio Explosion Sue 6:30-7:30am	Group Cycling Rachael 7:10-7:40am	Cardio Explosion Sue 6:30-7:30am	Group Cycling Rachael 7:10-7:40am	Group Cycling Nancy 8-9am	
Fitness for Life Sue 8-9am		Fitness for Life Sue 8-9am			Yoga Fusion Marillee/8:45-10am RM. 19	
Kettlebell X-Fit Rachael 9-10am Rm19		Kettlebell X-Fit Rachael 9-10am Rm19		Kettlebell X-Fit Rachael 9-10am Rm19	Kickboxing /Toning Danielle/9:15-10:15am	
Zumba Danielle 9:15-10:15am	Body By Sue 9:15-10:15am	Zumba Danielle 9:15-10:15am	Body By Sue 9:15-10:15am	Zumba Danielle 9:15-10:15am	Group Cycling Danielle 10:30-11:15am	
Group Cycling Laura 9:15-10am	Group Cycling Danielle 9:15-10am	Yogalates Brynn 10:15-11:15am RM. 19	Group Cycling Danielle 9:15-10am		Zumba Christina 10:20-11:20am	
Kickboxing/Toning Danielle 10:20-11:05am		Group Cycling Danielle 10:20-11:05am		Kickboxing/Toning Danielle 10:20-11:05am		Beg. Zumba Jackie 12:45-1:45pm
WOW Rachael Noon-1pm		WOW Rachael Noon-1pm				Pi/Yo Allyson 12:30-1:15pm RM 19
Cycle & Strength Cycle 12-2:30 Combo 12:30-1pm	Beginner Cycling Noon-12:30pm	Cycle & Strength Cycle 12-12:30 Combo 12:30-1pm	Beginner Cycling Noon-12:30pm	Cycle & Strength Cycle 12-12:30 Combo 12:30-1pm		
Ripped Sue 4-5pm		Ripped Sue 4-5pm				
	Cycling Danielle 5:15-6pm	Group Cycling Jen 4:30-5:15pm	Cycling Danielle 5:15-6pm			
Cycle & Strength Cycle 6-6:30pm Str. 6:30-7:15pm Marje Combo 6-7:15pm	Two in One Zumba Danielle 6:10pm-7:10pm		Two in One Zumba Danielle 6:10pm-7:10pm			
	Yoga for Strength Shay 6-7pm RM. 19	Woman's Self Defense Jason 6:15-7:30pm	Pilates Marje 6-6:45pm	Group Cycling Danielle 6-6:45pm		
	Group Cycling Tony 6:30-7:15pm	Group Cycling Marje 6:15-7pm	Group Cycling Tony 6:30-7:15pm	Group Cycling Danielle 7-7:30pm		
	Kettlebell Mania Marje 7:05-8:05pm Rm19		Kettlebell Mania Marje 7:05-8:05pm Rm19			
	Cardio Kickboxing Danielle 7:30-8:30pm		Cardio Kickboxing Danielle 7:30-8:30pm			
Two in One Zumba Danielle 8-9pm		Two in One Zumba Danielle 8-9pm				

S.H.R.E.D: Strength, Health, Results, Energy, Determination. This class defines "Pick your intensity." Allowing anyone to begin and work up to more advance exercises through the 7 weeks of class. That is 21 classes to build your "**Amazing Body**" Rachael will guide you through intervals of cardio, plyometrics, and weights. You will never get bored, each class keeps your body guessing!

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Jan. 2-Feb. 19 (7 Week Session)

Dates: Jan. 2-Feb. 17(Mon-Wed-Fri) **Times:** 5:35-6:35am **Instructor:** Rachael **Fee:** \$67Members/\$82Non-Members

Fitness for Life: Come and join others as they begin a journey of a major body transformation with our certified instructor. You will receive motivation and instruction that will assist you in achieving your goals. This invigorating workout combines cardio and strength training into one fast and effective routine!

Dates: Jan. 2-Feb. 15(Mon- Wed) **Times:** 8-9am **Instructor:** Sue **Fee:** \$52 Members /\$67 Non-members

Kettlebell X-Fit: If you want a workout that emphasizes whole body conditioning, and you want to include exercises that address the body core, the legs, the shoulders, the chest and the back this is the class you are looking for. Rachael will guide you through a series of Kettlebell exercises, as well as plyometrics and step for that little extra cardio. For the core, start with exercises like a bent press or a windmill. Others might include the Turkish get-up, and the side press. Whatever the exercise it will be a class you will remember, I guarantee it. **RM. 19**

Dates: Jan. 2-Feb. 17(Mon- Wed-Fri) **Times:** 9:00-10am **Instructor:** Rachael **Fee:** \$67Members/\$82Non-Members

Kickboxing/Toning: A class that integrates kicks and punches into a high intensity cardiovascular workout with a optimal muscular workout, abdominal toning, buttocks-firming, arm strengthening, fun filled class!

Dates: Jan. 2-Feb. 17(Mon. & Fri.) **Times:** 10:20-11:05am **Instructor:** Danielle **Fee:** \$48 Members /\$63 Non-members

Dates: Jan. 7-Feb. 18(Sat.) **Times:** 9:15-10:15am **Instructor:** Danielle **Fee:** \$27Members /\$42 Non-members

WOW (Women on Weights): This program is for women of all fitness levels who are looking for a supportive, motivational approach to wellness. A certified instructor will help you achieve your goals and help you adjust and operate our cardiovascular and strength training machines in the fitness center using our circuit machines.

Dates: Jan. 2-Feb. 15(Mon & Wed) **Times:** Noon-1pm **Instructor:** Rachael **Fee:** \$52 Members /\$67 Non-members

Ripped: Resistance, Intervals, Power, Plyo, Endurance, Determination. A non-stop challenge that will include a mix of cardio and strength-training. **Be prepared for anything!**

Dates: Jan. 2-Feb. 15(Mon. & Wed.) **Times:** 4-5pm **Instructor:** Sue **Fee:** \$52 Members /\$67 Non-members

Woman's Self Defense (Ages 18 & over): Self defense is every person's right. It begins with self-respect, knowledge, an understanding of one's inalienable human rights and the determination and ability to protect those rights. You will become more aware, assertive and skilled in practical, nonetheless very effective techniques. This class will start by teaching the psychological tools needed for defense. Progressive physical skills will be incorporated to enable one to avoid, escape and /or resist violence or attack. You will leave the first night with usable defense/counter attack techniques. This is not a competitive or showmanship class with no uniforms or belts. Please wear loose fitting clothing.

Dates: Jan. 4-Feb. 15(Wed.) **Times:** 6:15-7:30PM **Instructor:** Jason Hall **Fee:** \$27Members/\$42 Non-Members

Cardio Explosion: An explosion of heart-pumping exercises that will burn major calories while improving cardiovascular endurance. This cardio class will have you running, jumping, squatting and sweating. A fun and effective way to incorporate cardio into your fitness routine.

Dates: Jan. 3-Feb. 16(Tues & Thurs) **Times:** 6:30-7:30am **Instructor:** Sue **Fee:** \$52 Members/\$67 Non-members

Body By Sue: A full body work out, by Sue, that will get your heart rate soaring and your muscles burning. As a 1st place Figure Fitness competitor, she will help you improve your endurance, strength, balance and health through a combination of cardio technique and full body strength training. Those other Pump classes have nothing on this one.

Dates: Jan. 3-Feb. 16(Tues & Thurs) **Times:** 9:15-10:15am **Instructor:** Sue **Fee:** \$52 Members/\$67 Non-members

Kettlebell Mania: One hour of an intense workout using the Kettlebells with a certified Kettlebell Instructor. Working every body part you can think of and some you can't. Join the fun and intensity.


Dates: Jan. 3-Feb. 16(Tues & Thurs) **Times:** 7:05-8:05pm **Instructor:** Marje **Fee:** \$52 Members /\$67 Non-members

Cardio Kickboxing: This class is a combination of intense kickboxing moves as well as dance moves all perfectly choreographed to high energy and motivating music. It is the ultimate cardiovascular challenge that is a unique blend of intense intervals, strength/endurance training, and a relaxing cool down. Cardio Kickboxing (Turbo Kick®) requires no previous kickboxing experience or equipment.

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Dates: Jan. 3-Feb. 16 (Tues & Thurs) **Times:** 7:30- 8:30pm **Instructor:** Danielle **Fee:** \$52 Members /\$67 Non-members

Two in One  This class is a combination of Zumba and Zumba Toning. Two Parties in one class.


Dates: Jan. 2-Feb. 15 (Mon & Wed) **Times:** 8-9pm **Instructor:** Danielle **Fee:** \$52 Members /\$67 Non

Dates: Jan. 3-Feb. 14 (Tues & Thurs) **Times:** 6:10-7:10pm **Instructor:** Danielle **Fee:** \$52 Members /\$67 Non

 This class fuses Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. You could burn 600 to 1,000 calories per class!

Dates: Jan. 2-Feb. 17 (Mon-Wed-Fri.) **Times:** 9:15-10:15am **Instructor:** Danielle **Fee:** \$67 Members/\$82 Non

Dates: Jan. 7-Feb. 18 (Sat.) **Times:** 10:20-11:20am **Instructor:** Christina **Fee:** \$27 Members/\$42 Non-

 **BEGINNER!** This class will prepare you to start your journey to a fit and healthy lifestyle! This class will get you ready to join the fitness-party for the first time. This class is for the active older adult/or beginner to the fitness/Zumba classes.

Dates: Jan. 8-Feb. 19 (Sun.) **Times:** 12:45-1:45pm **Instructor:** Jackie **Fee:** \$27 Members/\$42 Non-Members

PiYo™: A unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that is fun, challenging and will make you sweat. It is about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength and greater stability. Strength training and core conditioning with a foundation in Pilates and Yoga, called PiYo™. **(4 week session)**

Dates: Jan. 22-Feb. 12 (Sun.) **Times:** 12:30-1:15pm **Instructor:** Allyson **Fee:** \$15 Members/\$30 Non

Pilates: The Pilates secret is the powerhouse, or the core. Benefits include correcting imbalances, back health, improved posture by realigning the body and building core strength from within. Using an assortment of equipment including but not limited to free weights, gliding disks, Bender balls makes this a more effective and challenging workout. *Modifications* are shown for all fitness. Rm 19

Dates: Jan. 5-Feb. 16 (Thurs) **Times:** 6-6:45pm **Instructor:** Marje **Fee:** \$25 Members/\$40 Non-Members

***Yogalates:** Yogalates takes the best of both Yoga and Pilates techniques to make the ultimate challenge. The combination of flexibility training from Yoga, the core training from Pilates, and the strength training from both, makes Yogalates a true whole body workout. **RM. 19**

Dates: Jan. 4-Feb. 15 (Wed.) **Times:** 10:15-11:15am **Instructor:** Brynn **Fee:** \$42 Members/\$57 Non-Members

*** Yoga for Strength:** A vigorous yoga workout for core strength, increased flexibility and long lean muscles! Begin the workout by getting centered and focusing on the breathing and end with deep relaxation and meditation. A strong, well balanced practice for those looking for a good physical workout, along with breath-control practice and a bit of yoga philosophy.

Dates: Jan. 3-Feb. 14 (Tues) **Times:** 6-7:00pm **Instructor:** Shay **Fee:** \$58 Members/\$70 Non-Members

**** Body Blast:** A full body workout that will "blast" calories and tone muscles with a mix of cardio and strength training. **(Drop ins \$6.50 Members/\$14 Non)**

Dates: Jan. 7-Feb. 18 (Saturday) **Times:** 7:30-9am **Instructor:** Rachael **Fee:** \$30 Members/\$45 Non-Members

***YOGA Fusion:** This class will challenge your body and your mind. Yoga Fusion will help develop strength, flexibility, balance, concentration and muscle tone, through a powerful and transformative practice of yoga. **For beginners & continuing students. RM. 19**

Dates: Jan. 7-Feb. 18 (Saturday) **Times:** 8:45-10am **Instructor:** Marillee **Fee:** \$58 Members/\$70 Non-Members

Group Cycling: This is any indoor cycle journey. This is a guaranteed cardiovascular workout. Appropriate for the medium and elite athlete to build solid, all around fitness. *Instructors are all Spinning® certified.*

Dates: Jan. 2-Feb. 17 (Mon./Wed/Fri.) **Times:** 7:10-7:40am **Fee:** \$42 Members/\$57 Non

Dates: Jan. 2-Feb. 13 (Mon.) **Times:** 9:15-10am **Fee:** \$21 Members/\$36 Non

Dates: Jan. 3-Feb. 16 (Tues/Thurs) **Times:** 5:45-6:45am **Fee:** \$42 Members/\$57 Non

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Dates: Jan.3-Feb. 14(Tues)	Times: 9:15-10am	Fee: \$21Members/\$36Non
Dates: Jan.3-Feb. 14(Tues)	Times: 6:30-7pm	Fee: \$21Members/\$36Non
Dates: Jan.3-Feb. 16(Tues/Thurs)	Times: 5:15-6pm	Fee: \$42Members/\$57 Non
Dates: Jan.4-Feb. 15(Wed.)	Times: 10:20-11:05am	Fee: \$21Members/\$36Non
Dates: Jan.4-Feb. 15(Wed.)	Times: 4:30-5:15pm	Fee: \$21Members/\$36Non
Dates: Jan.4-Feb. 15(Wed.)	Times: 6:15-7:00pm	Fee: \$21Members/\$36Non
Dates: Jan.5-Feb. 16(Thurs)	Times: 9:15-10a m	Fee: \$21Members/\$36Non
Dates Jan. 5-Feb. 16(Thurs)	Times: 6:30-7:15pm	Fee: \$21Members/\$36Non
Dates: Jan.6-Feb. 17(Fri.)	Times: 6-6:45pm	Fee: \$21Members/\$36Non
Dates: Jan.6-Feb. 17(Fri.)	Times: 7-7:30pm	Fee: \$11Members/\$26Non
Dates: Jan.7-Feb. 18(Sat.)	Times: 8-9am	Fee: \$21Members/\$36Non
Dates: Jan.7-Feb. 18(Sat.)	Times: 10:30-11:15am	Fee: \$21Members/\$36Non

Beginner Cycling: When you are just starting out on the bike, be patient it takes time to build up endurance and stamina, but once you have made that accomplishment, you are off to a higher level of fitness. This class is to prepare you for the longer haul. Learn all you need to know about cycling and just enjoy the ride.

Dates: Jan.3-Feb. 16(Tues/Thurs.) Times: Noon-12:30 Fee: \$42Members/\$57 Non

Cycle & Strength: Cycling and strength training is a combo class of cycling ending with a variety of strength training exercises. Instructor will incorporate a variety of exercises for developing upper and lower body strength. The purpose of this class is to strengthen and stabilize the muscles needed for a more efficient cycling class experience, and everyday life activities. *3X a week

*Dates: Jan.2-Feb. 17(Mon/Wed/Fri)	Times: Noon-12:30pm(Cycling)	Fee: \$41Members/\$56Non
*Dates: Jan.2-Feb. 17(Mon/Wed/Fri)	Times: 12:00-1pm (Combo)	Fee: \$67Members/\$82Non
Dates: Jan.2-Feb. 13(Mon)	Times: 6-6:30pm (Cycling)	Fee: \$11Members/\$26Non
Dates: Jan.2-Feb. 13(Mon)	Times: 6:30-7:15pm(Strength)	Fee: \$25Members/\$40Non
Dates: Jan.2-Feb. 13(Mon)	Times: 6-7:15pm(Combo)	Fee: \$40Members/\$55Non

**Drop in Fees: Combo \$6.50 Member/\$14Non*

****Babysitting is available on Saturdays starting, Jan. 7, 2012, at 7:30am.**

All programs have a minimum enrollment and registration is accepted on a first come first serve basis.
Fees must be paid upon registration.

**No refunds of any kind will be given. A pro-rated credit may be issued during the
1st Week of class only.**

Credits and/or other issues concerning classes may only be processed through the Office Manager.

Make-up classes are only for classes canceled by YMCA.

Pre-registration is strongly encouraged. Classes fill up fast.

For Information Call:410-398-2333/www.ymcacecil.org 

Drop In Fees

\$2.50 Members/\$5 Non-Members for a ½ hour class!

\$5 Members/\$10 Non-Members for a 45 minute -1 hour class!

***Yoga Drop in fees: \$10 Members/\$15 Non-Members**