



YMCA of Cecil County Summer II Fitness Schedule July 24-Aug. 19, 2017 4 week session

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:35am	S.H.R.E.D. (Phil)*		S.H.R.E.D. (Phil)		S.H.R.E.D. (Phil)		
6am	Group Cycling (Lynsey)		Group Cycling (Tracy)		Group Cycling (Lynsey)		
8am	TNT (Phil)	Core 45 (Phil)	TNT (Phil)	Core 45 (Phil)			
9:15am	Body Blast (Kristin)	Shape It Up (Danielle)	Body Blast (Kristin)	Shape it UP/TRX (Danielle)	Barre "Lean Out" (Brynn/Lisa)	Group Cycling (Lynsey)	
9:15am		Barre "Lean Out" (Brynn)	ZUMBA (Danielle)				
10:20am	Group Cycling (Tara)	Cycling & Abs (Danielle)	Group Cycling (Danielle)	Cycling & Abs (Danielle)			
10:30am		Power/Vinyasa YOGA Laura			Power/Vinyasa YOGA (MarieRose)		
11:05			Ballet Barre(Danielle)				
11:15		ZUMBA (Danielle)					
Noon	Cycle & Tabata (Janice)	Group Cycling (Tara)	Cyc/YOGA (Janice/Brynn)	Strength &Cycling (Tara)			
4:30pm	Group Cycling (Tracy)		Group Cycling (Tracy)				
5:00pm				"Free Wheeling" Tony			
5:30pm					Cycle & Weights (Tracy)		
6pm	Tabata With Tracy		Barre "Lean Out" (Lisa)				
6:30pm				TAI CHI (Tom)			
6:30pm		"Free Wheeling" Tony	Group Cycling (Susan/Jimmy)				

Fitness & Cycling Classes

6X \$90 Member \$105 Non Member
 5X \$75 Member \$90 Non Member
 4X \$60 Member \$75 Non Member
 3 X \$45 Member \$60 Non Member
 2 X \$30 Member \$45 Non Member
 1 X \$16 Member \$31 Non Member

Per 4 week sessions of class. Please register for FREE classes as well.

30 Min. class \$8 Member \$23 Non Member
 S.H.R.E.D will start July 31..

Cycling Pass:

Member \$25 / Non \$55
BUY A Cycling Pass today includes all cycling classes. Enjoy the ride!

Drop In Fees Member \$5
 Non \$10
Space is limited!

SUMMER Lunch time Cycling Special... Lunchtime Cycling classes for a 4 week session...\$15 Members \$45 Non Member ENJOY the RIDE.

All fitness levels are welcome to attend any of our classes. Our Instructors will demonstrate modifications. Work at your own pace. All programs have a *minimum enrollment*. Fees must be paid upon registration. All classes are subject to change or cancellation due to attendance. **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 are processed by Office Manager. Make ups are for YMCA Cancellations Only.



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CARDIO & STRENGTH

S.H.R.E.D: **WILL not start until July 31.** STRENGTH-HEALTH-ROWDY-ENERGY-DETERMINATION. Bring it all with you for the best wake up class you have ever attended. Circuits, drills, old school standbys along with cutting edge training methods will be your best reason for getting out of bed-think BOOT CAMP X 2. Challenge yourself, amass your energy, intensify your focus and own your day.

Body Blast: A full body workout that will "blast" calories and tone muscles with a mix of 30 sec. cardio "blasts" and strength training.

Shape it UP: A great work out designed to work your butt/gut/ arms. This sculpting class focuses on the core muscles including abdominal muscles, gluteal, hip flexors and extensors & help you sculpt your arms. Class for all fitness levels.

Tabita With Tracy: A brutal circuit of 20 seconds on and 10 second rests, maybe. This is not your everyday ordinary intervals of cardiovascular, strength and power for the ultimate workout, but one that will continue the burn the rest of the week.

BALLET Barre Fitness: If you are staying on top of fitness trends you know that "barre workouts," which are designed to give you a long, lean dancer-like physique, are all the rage these days. Barre studios are popping up in every major city across the globe, along with a variety of DVDs you can do at home. While all barre workouts differ slightly in structure, most methods incorporate exercises done at a ballet barre combined with elements of ballet, Pilates, and yoga. Barre exercises rely mainly upon one's bodyweight for resistance, and the moves challenge your core stability and balance.

Core 45: Over 25 exercises to learn on the staball for your Core. Phil will make your abs burn, guaranteed!

Barre "Lean Out" Fitness: This is an invigorating workout that will change your body!! Barre based workouts have been toning and shaping celebrity bodies for over 50 years, and now Barre Fitness is here and the first of its kind by a Certified Barre Fitness Instructor at the YMCA of Cecil County. Open to all levels.

TRX Shape it Up: Delivers a fast, effective total body workout and helps build a rock solid core and will increase muscular endurance.

TNT: More than just a gut buster, it includes strength and cardio utilizing weights, medicine balls, slam balls and more!..

YOGA

POWER/VINYASA YOGA: Consists of a dynamic, constantly flowing sequence of postures (asanas), linked together utilizing deep, yogic(ujjayi)breathing. The class, although physically challenging, is designed for all levels. Strength and flexibility!

TAI CHI: Yang style Tai Chi movements are low impact, gentle and put minimal stress on your muscles and joints.

ZUMBA

ZUMBA: 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!

CYCLING

CYCLING PASS: Based on a first come, first serve basis! You may purchase an unlimited Pass for our cycling classes, there is no guarantee, but the Pass will give you the ability to go to any cycling class we offer if there is availability. Or you may secure your spot by registering for classes. Your Choice! The Pass is good for the 7week session and must be shown to the instructor before starting class. There is also a sign in sheet in the classroom as well. NO REFUNDS! Not redeemable for cash! Also includes Cycle & Strength classes/Cycle & Weights.

Group CYCLING: This is any indoor cycling journey. This is a guaranteed cardiovascular workout. Appropriate for everyone who wants to build stamina and all around fitness. Instructors are all Spinning certified.

Cycle & Weights: Combination of weights and cycling designed to strengthen and tone. An off and on ride to keep the heart rate going and body pumped!

Cycle & Tabata: A great change of pace to add Tabita to a cycling class! This combo class of cycling and Tabita will burn the calories and give you the stamina you have been looking for. Adding Wednesday gives you a great opportunity to get a Yoga ending.

Cycle & Abs: A great combination to help sculpt the legs and core while burning fat!