

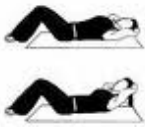




# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## YMCA of Saratoga-Corinth Branch SUMMER 2010 (July 5 - Aug 14, 2010)

| Time:  | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday  |
|--------|--|---|---|--|--|---|
| 8:30am |  |  |   |  |  | <b>Step &amp; Sculpt</b><br>1 Hr.<br>Barb<br>II |
| 9:15am | SilverSneakers®<br><b>Muscular Strength &amp; Range of Movement</b><br>45 Min.<br>JoAnn<br>All |   |    |  | SilverSneakers®<br><b>Muscular Strength &amp; Range of Movement</b><br>45 Min.<br>JoAnn<br>All |   |
| 10am   | <b>A.O.A</b><br>1 Hr.<br>JoAnn<br>All  |   | Silver Sneakers®<br><b>Cardio Circuit</b><br>1Hr.<br>JoAnn<br>All                   |  | <b>A.O.A</b><br>1 Hr.<br>JoAnn<br>All  |   |
| 5:15pm |  |   | <b>Cycle Training</b><br>45 Min.<br>Alysse<br>II                                    |  |  |   |
| 5pm    |             | <b>Step &amp; Sculpt</b><br>1 Hr.<br>Barb<br>II                                   |  | <b>Cardio Choice</b><br>30 Min.<br>Barb<br>II                  |  |   |
| 5:30pm | <b>Cardio &amp; ABS</b><br>30 Min.<br>Lindsey<br>II  |   |   | <b>Reduce Your Assets</b><br>30 Min.<br>Barb<br>II             |  |   |
| 6pm    | <b>Power Pump</b><br>30 Min.<br>Lindsey<br>I/II  | <b>Goju Ryu Karate</b><br>1.5 Hours<br>Sensei Matt<br>*Program                    |  | <b>Goju Ryu Karate</b><br>1.5 Hours<br>Sensei Matt<br>*Program |  |   |

(Schedule is subject to change-Please check [www.ymcasaratoga.org](http://www.ymcasaratoga.org) OR call the Branch for updated changes 583-9797) \* Please check regularly \*

- Level I:** This is suited for anyone who is new to the class, just getting back into exercising, or anyone looking for an effective workout at a moderate intensity level. Detailed instruction given.
- Level II:** This is suited for anyone who exercise regularly, and who is ready for a challenging workout.
- Level III:** This is not for the faint of heart! This advanced level is for anyone ready for an intense workout. The workout will challenge you in ways you have not been challenged before! Get ready to sweat!
- ALL:** These classes are suitable to all levels. All exercises have modifications.
- Express:** A shorter version of your favorite class. For those who love variety and are short on time.

## Class Descriptions

### SilverSneakers® Cardio Circuit

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

**SilverSneakers® I – Muscular Strength & Range of Movement** – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; a chair is used for seated and/or standing support.

### Active Older Adults (A.O.A)

This is a 30 min. low impact aerobic class for members of all ability levels and includes 30 mins. of strength training and stretching

### Step & Sculpt

A 30 min. high energy step class that utilizes the step for a cardio workout with routines that intensify the workout for the beginner to the most advanced participants ending with a 30 min. strength training routine that incorporates a range of different skills and tools.

### Cardio & ABS

A 25 Min. cardio burst that could involve aerobic training, step, interval, or circuit training, finished off with intense abdominal work that challenges the most crucial areas of the core.

### Power Pump

Shaping and sculpting your body through a variety of strength training exercises to tone major muscle groups that include; weights, bands, balls and dynamic exercises.

### Goju Ryu Karate

(Paid Program) Certified Goju Ryu Karate Instructor with a Second Degree Black Belt Instructor that is designed for mixed abilities and interests in the martial arts who wish to earn promotion through their performance, attendance and testing.

### Reduce Your Assets

This class offers a variety of exercises specifically designed to tone and shape your legs, glutes and abs. This class uses some combinations of steps, bands, balls and weights to sculpt you into shape.

### Cardio Choice

Anything Goes! The Instructor utilizes the step, kickboxing techniques, interval, step, hi/lo aerobic to maximize your workout.

### Circuit

This class is designed to tone and sculpt all major muscles while keeping your heart rate up and fat burning. You will use light weights resistance bands and balls to tone with bursts of cardio in between exercises to keep the sweat pouring. Bring your towel and water bottle!

**Cycle Training** – An intermit cycling class that is designed to get your heart rate into a target heart rate range depending upon your age and physical condition. We use music, spin bicycles and positive coaching methods including visualization to help you achieve the maximum results from your workout. Remember to bring your towel and water bottle! FUN!