



Group Exercise

MAY 2012

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

<u>SCHED- ULEDTIMES</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
9:30AM	STEP ERIN (AR)	BODY SCULPTING SALLY (AR)	STEP SALLY (AR)	BODY SCULPTING SALLY (AR)	STEP ERIN (AR)
10:30AM	THE CORE JOHN (AR)	ZUMBA DOMINIC (AR)	THE CORE JOHN (AR)	ZUMBA DOMINIC (AR)	THE CORE DOMINIC/JOHN (AR)
11:30PM	ZUMBA with WEIGHTS KRISTEN (AR)		ZUMBA with WEIGHTS KRISTEN (AR)		ZUMBA with WEIGHTS MARCUS (AR)
4:30PM	20/20/20 YOLANDA (AR)	BODY SCULPTING NIKKI (AR)	STEP YOLANDA (AR)	ZUMBA with WEIGHTS YOLANDA (AR)	CARDIO FUSION SHERI (AR)
5:30PM	BODY SCULPTING RHONDA (AR)		PILATES CYNTHIA (AR) ZUMBA MARCUS (GYM)	STEP KIM (AR)	STEP SUSAN (AR)
6:30/7:30 PM	THE CORE TRISTON (AR) <u>6:30PM</u> <u>7:00PM</u> TURBO KICK KRISTEN	ZUMBA DOMINIC (AR) <u>6:30PM</u> THE CORE TRISTON <u>7:30PM</u> (AR)	THE CORE TRISTON (AR) <u>6:30PM</u>	THE CORE TRISTON (AR) <u>7:30PM</u>	ZUMBA MARCUS (AR) <u>6:30PM</u>

<i>BEGINNERS STEP/MEMBERS CHOICE 9:30AM/10:00AM</i>	<i>INSTRUCTOR</i>
MAY 5TH	ZUMBATHON (NO CLASS)
MAY 12TH	CYNTHIA
MAY 19TH	MARCUS (ZUMBA)
MAY 26TH	KIM
JUNE 2ND	YOLANDA (TURBO KICK)

Yolanda Allen
Health & Wellness Director
yallen@lawtonfamilyymca.org
580.355.9622



Group Exercise Class Descriptions

BODY SCULPTING:

Challenge your muscle and get a great all over body shaping session with weights, exercise tubes and body bars.

20/20/20:

This class has a little bit of everything to fit this fitness triangle. Floor Aerobics, Turbo Kick and a little Zumba.

STEP:

A high-energy, low-impact class using a height-adjusted step. This class is good for all fitness levels.

CARDIO FUSION YOGA:

This class is design to strengthen and condition your body's core muscle and while gaining strength and flexibility. It is a fusion of Yoga and Pilates.

THE CORE:

This 30 minute class will strengthen your abs and back using a variety of safe and effective abdominal exercises.

ZUMBA:

A fusion of hypnotic Latin rhythms and easy to follow moves to create an exciting cardiovascular workout. For beginners and advanced.

MEMBERS CHOICE:

Spotlight on a variety of classes and instructors, but always a complete workout. Members are allowed to request what they want to target. It could range from step to body sculpting.

BEGINNER STEP:

If you want to learn step this is the class to be in. Learn the basics of step every Saturday.

THE CORE:

This class will strengthen your abs and lower back using a variety of safe and effective abdominal exercise.

BOOT CAMP:

This class is held in the morning for members who need to get to work. Its consist of a little of everything. Sports conditioning is what this class is based on. Cardiovascular, muscle toning, plyometrics and abdominal exercise. Ending with a cool-down and stretching.

ZUMBA w/Weights:

This class is 45 minutes of Zumba and 15 minutes of muscle toning. Zumba is a fusion of hypnotic Latin rhythms and easy to follow moves to create an exciting cardiovascular workout. For the beginner to the advanced.

TURBO KICK:

This class is the hottest cardio kickboxing class around for fitness training. The class is based on a fusion of hip hop and kickboxing. Turbo Kick is a fun filled workout with a combination of moderate to intense kickboxing and dance to create a fitness party.