













# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

**CORINTH Branch** **Sept.14-Oct.31** **Fall I -2009**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
5:30AM		Cardio & ABS 45 min. Barb II/III		Cardio & ABS 45 min. Barb II/III		
8:00 AM						W.O.W 1 Hour Barb *PROGRAM
8:30 AM		Cardio Choice 30 min Jo Ann Express		Cardio Choice 30 min Jo Ann Express		
9:00 AM	Power Walking* 30 min. JoAnn All	W.O.W 1 Hour JoAnn *PROGRAM		W.O.W 1 Hour JoAnn *PROGRAM	Power Walking* 30 min JoAnn All	Step & Sculpt 1 Hour Barb II
9:30 AM	Power Pump 30 min. JoAnn I/II		<b>Cycle Express</b> 30 min. Alysse II		Power Pump 30 min. JoAnn I/II	
10:00 AM	A.O.A 1 Hour JoAnn All		A.O.A 1 Hour JoAnn All		A.O.A 1 Hour JoAnn All	Pilates 1 Hour Maria I/II
11AM						Karate Kids 1 Hr. Sensei Matt *PROGRAM
4:15 PM		W.O.W. 1 Hour Barb *PROGRAM		W.O.W. 1 Hour Barb *PROGRAM		
5:15 PM		Cycle Training 5:15-45 min Alysse II/III		Cycle Training 5:15-45 min Alysse II/III		
5:30 PM	Core & More 30 min Lindsey II	Step Aerobic 30 min Barb II/III	Core & More 30 min Lindsey II	Cardio Choice 5:30-30 min Barb II		
6:00 PM	Circuit Training 60 min. Lindsey II/III	W.O.W. 1 Hour Barb *PROGRAM	Cardio Choice 30 min Lindsey II	W.O.W. 1 Hour Barb *PROGRAM	 YMCA We build strong kids, strong families, strong communities.	
		Family Karate 1.5 Hrs. Sensei Matt *PROGRAM		Family Karate 1.5 Hrs. Sensei Matt *PROGRAM		

\*(Schedule is subject to change without notice. Please check regularly for updated schedule)

**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 instructions given.

**Level II**

This is suited for anyone who exercises 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. This 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 classes. For those who love variety and/or are short on time.

## Class Descriptions

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<b>Circuit Training</b>	This class is designed to tone and sculpt all major muscles while keeping your heart rate up and fat burning. You will use light weight resistance bands, and barbells to tone with bursts of cardio in between exercises to keep the sweat pouring! Bring your towel and your water bottle!
<b>Power Walking*</b>	An intense half-hour of walking outdoors led by an Instructor that will get Your heart rate up weather permitting. If weather does not cooperate the class is substituted for a "Gym Circuit" class in the cardio room.
<b>Cycle Express</b>	An intense half-hour cycle class that will get the heart rate up.
<b>Cycle Training</b>	An intermittent 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!
<b>Cardio Sculpt</b>	An innovative class that is based on the instructors choice of; kickboxing, step, interval training, and floor work to strengthen the body utilizing various tools, such as balls, bands and weights.
<b>Core &amp; More</b>	A low impact workout that focuses on your "powerhouse". You will work all aspects of the core muscles using different props and consistently challenging you to increase your fitness level.
<b>Gym Circuit</b>	Participants will utilize the cardio machines on a group level with instructor direction to bring their cardio to the next level.
<b>Pilates</b>	A series of exercises based on Pilates principles geared to strengthen and lengthen muscles as well as focusing on the core.
<b>Cardio Choice</b>	Anything Goes! The Instructor utilizes the step, kickboxing techniques, interval workout to hi.low aerobic to Maximize your workout.
<b>Power Pump</b>	Shaping and sculpting your body through light weight training with weights, bands, and balls to strengthen major muscle groups.
<b>Step &amp; Sculpt</b>	A 30 min. High energy step class that utilizes the step with for a cardio workout with routines to intensify the workout for beginners to more advanced participants with a 30 min. strength training routine that incorporates a range of different skills and tools.
<b>Family Karate</b>	(Paid Program) Certified Goju Ryu Karate Program 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.
<b>Karate Kids</b>	(Paid Program) Certified Goju Ryu Karate Instructor who offers a Fun approach to Martial arts to children ages 5-10 with no prior experience who wish to get started and learn some coordination and beginning discipline of the martial arts.
<b>W.O. W (Women On Weights)</b>	(Paid Program) Structured Strength Training Program for women who desire to increase their major muscle group strength.
<b>A.O.A (Active Older Adults)</b>	This is a 30-min. low impact aerobic class for members of all ability and interest levels and includes 30-mins of strength training and stretching.
<b>Cardio &amp; ABS</b>	A 25 min cardio burst that could involve aerobic training, step, interval or circuit training and finished off with intense abdominal work that challenges the most crucial areas of the core.