

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

**Malta Branch** **Effective:1/21/07** **Winter II 2007**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
6:00 AM	Cycling 55 min Norm M ALL		Cycling 55 min Norm M ALL		Cycling 55 min Norm M ALL	
8:00 AM						Cycle & Sculpt 55 min Andrea (Sat) II
8:30 AM	 Cycling 55 min Michelle C II					 Cycling 55 min Norm S (Sun) ALL
9:00 AM						Step & Sculpt 55 Min Julie (Sat) II
9:30 AM	Abs Only 25 min Michelle C II	Cycling 55 min Norm M ALL	Cycle Express 25 min Angel I	Cycling 55 min Norm M ALL	Step Express 25 min Angel II	
10:00 AM	Bootcamp 55 min Michelle C II		Power Pump 55 min Diane G II		Sculpt Express 25 min Angel ALL	Pilates** 55 min Aimee  (Sat) ALL
10:30 AM		Yo-lates Fusion 55 Min Angel ALL		Pilates Props 55 Min Michelle C II	Yoga Stretch 25 min Angel I	**begins 2/9
Afternoon	(12:15 pm) Butts & Gutts 25 min Cathy, II	(4:30 pm) Youth Fitness 45 min Angel		(4:30 pm) Youth Fitness 45 min Angel	(12:15 pm) Sculpt Express 25 min Cathy, II 	
5:30 PM	Kickboxing 55 Min Sue M. II	Power Pump 55 Min Vicky II	Step Express 25 min Julie II	Cycle Express 25 min Julie I		
6:00 PM			Sculpt Express 25 min Julie II	Abs Only 25 min Julie II	 <b>YMCA</b> We build strong kids, strong families, strong communities.	
6:30 PM	Yoga 55 min. Angel I	Cardio Choice 25 min Cathy II	Hip Hop Hustle 55 min Aimee  II	Power Yoga 55 min Nanette II		
7:00 PM		Sculpt Express 25 min Cathy II				

\*Revised 2/1/2008

**Levels: I:Beginner II:Intermediate III:Advanced ALL:All Levels**

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

## Malta's Class Descriptions

- 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.  
\*Heart rate monitor preferred for cycling.
- 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!  
\*Heart rate monitor required for cycling.
- ALL** These classes are suitable to all levels. Modifications available.
- Express** A Shorter version of your favorite classes. For those who love variety and/or are short on time.  
You must warm up on your own before class.

- Abs Only** This quick effective workout focuses on your core muscles with various methods and equipment.
- Boot Camp** A high intensity workout designed to challenge your cardio vascular fitness, strength and endurance. The class uses a cross-training format while incorporating plyometrics, resistance training, core conditioning, teamwork, outdoor fun (weather permitting) and a whole lot more!
- Butts & Gutts** This class tones and shapes our valuable assets!
- Cardio Choice** A fun class, perfect for anyone who loves variety. Varying each week, the instructor will motivate you through kickboxing, step, hi/low, cardio ball, circuit training, or another other type of cardiovascular exercise.
- Cycling** A great workout that is fun, effective and easy to learn! A customized stationary racing bike gives you a smooth workout for beginner or advanced. Learn how to incorporate the use of heart rate monitors to get a safe and effective cardio-vascular workout. Don't forget your water and a towel!
- Hip Hop Hustle** NO EXPERIENCE REQUIRED!! This hip hop dance class is so much fun & easy to follow!
- Kickboxing** Punches and kicks sure to get the heart pumping and the fat burning. Easy to follow.
- Pilates** A series of exercises based on Pilates principles geared to strengthen and lengthen muscles as well as focusing on the core. Pilates Props utilizes weights, balls, and more to increase intensity of your Pilates routine.
- Power Pump** Shaping and sculpting your body through light weight training
- Sculpt** Full body toning class designed to get your body stronger and sculpted.
- Step** A high energy cardio class using the step bench to intensify your workout. You can customize your intensity with the addition of risers. Step 101 is an instructional class with easy to follow choreography.
- Yoga** Come join us as for meditation, breath work/pranayama, postures (asanas), and relaxation! We practice balance, strength, and flexibility. Yoga Stretch focuses on flexibility while Power Yoga focuses on strength and toning.
- Yo-lates Fusion** This toning class combines traditional Pilates strengthening exercises and Yoga stretches & relaxation. All exercises have modifications to suit any level!
- Youth for Fitness** A fun-filled fitness program geared towards 8 to 11 year olds that want to be fit, learn, and have fun doing it. The class combines beginner fitness (utilizing anything from bands, cycling, to Pilates) and healthy lifestyle tips to jump start youths into making better choices in the way of fitness and food. Every week provides a new experience. The participating youth will gain knowledge to better themselves in today's world.