

HEALTHY LIVING

Improving the nation's health and well-being

Winter I session
January 2–February 26, 2012

HEALTH, WELL-BEING & FITNESS

Core Body (25 minutes), North Street

This workout promotes strength, stability and coordination. You will use balls and non-resistant training methods to tone your abs, back and oblique's.

Group Cycling (45 minutes), Main Street

This great cardio journey uses stationary bikes. You will jump, climb, and sprint your way to great health while listening to motivational music. This is interval training at its best. If you wish to attend, you should show up no more than 20 minutes before class begins to get a number to reserve bikes. Members only.

Jazzercise (1 hour), North Street

You will combine elements of jazz dance, resistance training, Pilates, yoga, kickboxing and more. This class is for all ages and fitness levels.

Kettlebell (45 minutes), North Street

A cannonball with a handle? A great core, cardio and strength class. Any fitness level welcome.

Silver Sneakers (45 minutes), North Street

Have fun and move to music through a variety of exercises designed to increase your muscular strength, range of movement and activities for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. Chairs are used for support.

Tot Time (30 minutes), North Street

A time for children ages 3–7 to come into the Family Fitness Center with an adult to use age appropriate equipment.

Total Body (45 minutes), North Street

This muscular conditioning class works all major muscles using hand-held weights, bands and tubes. You will focus on toning and strengthening.

Totally Toned (45 minutes), North Street

You will use hand-held weights, tubes, bands, bars and a variety of other equipment to tone the body, during this great cardio strength and endurance workout. This is a great workout for the whole family!

Women on Weights (45 minutes), Main Street

Using free weights, you will learn to define muscles through isolation and concentration with one-on-one assistance from a qualified instructor.

Pose-n-Stretch (45 minutes), North Street

Each class will help you develop strength, flexibility, balance and concentration while emphasizing body alignment, spinal extension, muscular balance and the subtleties of breath.

Zumba, Zumba Toning, Zumba Gold (45 minutes), North Street

Join our instructors in a fun filled class of dance and fun, the Zumba way. Join the party!

Arthritis Plus, Aqua Aerobics & Seniorcise (45 minutes each), North Street pool

Try all three of these Aqua Fitness classes. There are different versions and levels to fit your needs.

Kickboxing

(45 minutes), Main Street

Kick, punch, jab and bob. Kickboxing at its best. Work out your aggression or tension through various combinations.

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| CLASS SCHEDULE | MON | TUE | WED | THU | FRI | SAT | SUN |
|-----------------------|--------------------|----------|--------------------|---------|---------|---------|-----|
| Arthritis plus (aqua) | 8 am | | 8 am | | 8am | | |
| Totally Toned | 8:10 am | 6:30 pm | 8:10 am | 6:30 pm | 8:10 am | | |
| Group Cycling * | 9:10 am 5:15 pm | 8:10 am | 9:10 am 5:15 pm | 8:10 am | 9:10 am | 8:15 am | |
| Aqua Aerobics (aqua) | 8:45 am | 7 pm | 8:45 am | 7 pm | 8:45 am | | |
| Women On Weights * | | 9:10 am | | 9:10am | | | |
| Kettlebell | | | 7:15pm | | | 9:15am | |
| Tot Time | 9:30 am | 6:30 pm | | | | | |
| Silver Sneakers | 10:30 am | | 10:30 am | | 10:30am | | |
| Seniorcise (aqua) | | 10:30 am | | 10:30am | 10:30am | | |
| Jazzercise | 5:05 pm | | 5:05pm | | | | |
| Core Body | | 6 pm | | 6pm | | | |
| Total Body | 6:15 pm | | 6:15pm | | | | |
| Pose-n-stretch | 6:45 pm | | | | | | |
| Kickboxing* | | | 6:30pm | | | | |
| Zumba | 7:10pm | | | 7:20pm | | | |
| Zumba Toning | | | | 5:05pm | | | |
| Zumba Gold | | 10:30 am | | 10:30am | | | |

Cost: **members/free**, non-members \$30 1-day class, \$55 2-day class, \$80 3-day class.

Cycling = members only.

* = held at Main St. facility, all others at North St. facility

Classes are subject to change, please see front desk for updates.

YMCA of DeKalb County, Inc.
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