

CLASS DESCRIPTIONS

Body Basics: Jog, or walk outdoors or use the cardio center for you cardiovascular conditioning. Afterwards, meet up in the multi-purpose room for muscle strengthening using weights.

Boxing Bootcamp: Burn a ton of calories in this fierce but fun class. A combination of martial arts, boxing and cardio conditioning. Multipurpose Room

Cardio Jam: This class is a fun mix of high/low, basic hip-hop and dance moves. Test your cardio endurance while groovin' to the latest hits on the charts. Includes toning and abdominal work. Multipurpose Room

Cycle Sculpt: The challenge of a cycling class with the benefits of sculpting! Intervals of sculpting exercises, incorporating tubing or body weight will be integrated into a great cycling ride! Mind/Body Studio

Fitness Yoga: This class is an Invigorating heat-building format of movements that will incorporate a challenging mind/body workout for all fitness levels. Mind/Body Studio

Gentle Yoga: This class is perfect for beginners or those looking for additional modifications offered at a slower pace. Restorative poses to realign your mind, body and spirit will be taught, followed by a relaxing meditation. Mind/Body Studio

Indoor Cycling: Ride into high gear in one of our many exhilarating stationary cycling classes. Set to motivating music, instructors will use cadence and resistance to simulate hills, flats and more! You may reserve a bike at the front desk up to 24 hours in advance of selected class. Mind/Body Studio

Kids' Cardio: An energetic exercise class especially for the 'tweens'! The class will consist of intervals of cardio exercise and strength training using a variety of equipment, all set to music the kids will love! Ages 7-12 This class may meet outdoors during warmer weather. West Gym

Non Stop Step: Learn basic to advanced combinations that will move you in every direction—over, around and across the bench. This dynamic class is a great workout for cardio, abs and toning. Multipurpose Room

ODXT (Outdoor Cross Terraining): This workout recreates the impulsiveness of play in an action-packed, adventurous format. Bouts of cardio intervals are blended with task training using the environment—all in the great outdoors! Meet by the front doors.

Powerflex: Pure strength training, pure fun! It's resistance training set to motivating music, using a variable weight barbell between 3 and 63 pounds. This class is ideal for beginners or advanced. LIMIT 35. Multipurpose Room

Strength Fusion: A combination of strength, balance and flexibility exercises designed to target the core while challenging the whole body. This time conscious but effective workout will utilize a variety of equipment leaving you strengthened, lengthened and energized. Multipurpose Room

Total Training: You will get the best of both worlds with this energizing combination of cardio and strength exercises. A variety of equipment is used in the intense but easy to follow class. One try and you'll be hooked! Multipurpose Room

Water Works: Use a variety of equipment (flotation belts, barbells and water logs) to give you a great cardiovascular workout. Pool

Yolates: This class is a blend of Yoga and Pilates. Yolates will work the entire body, focusing on core strength, and will finish with deep stretches. Mind/Body Studio

Zumba: A low impact, cardio workout combining dance and fitness moves to the background of Latin music and other World rhythms. Multipurpose Room

Tri-Cities Family YMCA Fitness Class Schedule

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Session 4: June 14 —July 4, 2010

PAYMENT OPTIONS

Fitness Classes are FREE to members of the YMCA!

Prospective members may purchase a Fitness Card for \$85 for a six week session.

The Fitness Card may be used to attend any class.

**** Classes may be cancelled due to low participation numbers****

The following classes are special offerings for our Active Older Adult Participants, pricing for these classes applies to adults age 65 and older.

SilverSneakers: Designed for active older adults; an equipment-based, multi-level, total body conditioning class in which students use hand-held weights, elastic tubing and a chair for standing and / or seated support.
9:30-10:15 a.m. T/TH East Gym

Cardiac Rehabilitation: Phase III Cardiopulmonary is a preventive and restorative program designed to enhance the quality of life for people at risk or who have diagnosed heart disease. A medical release from your physician is required for participation. **Class meets T/TH in the Multipurpose Room 10-11:30am**
8 visit punch card: \$48
Drop in Fee: \$6

AOA Water Exercise: The buoyancy of water allows you to improve strength, flexibility and muscular tone while minimizing stress on the joints **1:30-2:30pm M/W/F No Open Swim—Class participants only.**

AOA Circuit Training: Strength Training becomes even more important as you age! Participants alternate between Cybex equipment and cardiovascular equipment in the Weight Room. **2:00-3:00 p.m. T/TH**

A.O.A. Class Fees:

Members: FREE

Prospective Members: \$45 / session

Drop In Fee: \$5

SESSION 5: June 14 — July 4 (6 weeks)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45 am		Indoor Cycling ~ Ron		Indoor Cycling ~ Erica		
6:15-7:15 am	Body Basics ~Barb		Body Basics ~Barb		Body Basics ~Barb	Indoor Cycling - Staff
8:00am - 9:00am	A.O.A. Water ~ Misti		A.O.A. Water ~ Kris		A.O.A. Water ~ Debbie	
8:00-8:45 am		SilverSneakers ~ Misti		SilverSneakers ~ Debbie		
8:00 - 9:00 am		Gentle Yoga ~Jaala		Gentle Yoga ~Jaala		
8:45-9:45 am	Indoor Cycling ~Kim W.		Indoor Cycling ~Kim W.		Cycle Sculpt ~ Kim H.	
9:00-10:00 am	Total Training ~ Stacie	Zumba ~ Becky	Total Training ~ Stacie	Boxing Bootcamp ~ Kim H.	Cardio Jam ~ Michelle	
9:15-10:15 am		Yolates ~Patty		Yolates ~Becky		
9:00-10:15 am	ODXT (Outdoor Cross Terraining) ~ Chris		ODXT (Outdoor Cross Terraining) ~ Chris		ODXT (Outdoor Cross Terraining) ~ Chris	
9:00 - 10:00 am	Water Works ~ Misti		Water Works ~ Kris		Water Works ~ Debbie	
10:00-11:00 am					Gentle Yoga ~ Tracy/Erica	
10:05-11:05 am	Powerflex ~ Stacie (limit 35)		Powerflex ~ Stacie (limit 35)			
12:15 - 1:00 pm		Strength Fusion ~ Kim W.		Strength Fusion ~ Michelle		
2:00 - 3:00 pm		A.O.A. Circuit ~ Debbie		A.O.A. Circuit ~ Lisa		
4:30-5:15 pm						
5:30– 6:15 pm	Indoor Cycling ~ Lisa		Indoor Cycling ~ Lisa			
5:30-6:30 pm	Powerflex ~Michelle (limit 35)		Powerflex ~Michelle (limit 35)			
6:30-7:30 pm		Water Works ~Kris		Water Works ~Kris		
6:30-7:30 pm	Fitness Yoga ~ Kathleen	ZUMBA ~ Dawn	Fitness Yoga ~ Kathleen	ZUMBA ~ Dawn		



Tri-Cities Family
YMCA
One Y Drive
Grand Haven, MI
49417
(616) 842-7051
www.tcfymca.org

Now available!

Body Composition Testing

\$15 members / \$30 Non-members

Body Composition
Muscle, Fat, Total Body Water
Percent Body Fat and BMI
Segmental Lean Muscle Distribution
Basal Metabolic Rate

**Schedule your appointment at the
Welcome Center today!**