

**Nancy Seguin**  
**Fitness Coordinator**  
**(586) 778-5811**

**Lakeshore Family YMCA Spring 2010**  
**Aerobic Studio Schedule**  
**April 26th-June 12th, 2010**



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>8:30-9:00am</b>	8:30-9:00am Step Aerobics (Autumn)		8:30-9:00am Step Aerobics (Autumn)		8:30-9:00am Zumba (Autumn)	
<b>9:00-10:00am</b>	9:00-10:00am Cross Training (Autumn)	9:00-10:00am Total Body Sculpt (Nancy)	9:00-10:00am Cross Training (Autumn)	9:00-10:00am Total Body Sculpt (Nancy)	9:00-10:00am Cardio Mix Class (Autumn)	9:00-10:00am Step Strength Circuit (Vicki)
<b>10:00-11:00 am</b>	10:15-11:00 Silver Sneakers (Barb)	10:00-11:00am Active Older Adults (w/Barb) (In Aerobics Studio)	10:15-11:00 Silver Sneakers (Barb)	10:15-11:00am Active Older Adults (w/Barb) (In Aerobics Studio)	10:00-11:00am Active Older Adults Cardio (Barb)	10:00-11:00am Zumba (Traci T)
<b>10:00-11:00 am (cont.)</b>		10:00-11:00am Kickboxing & Cycling (w/Nancy in Gym)		10:00-11:00am Kickboxing & Cycling (w/Nancy in Gym)		
<b>11:00-12:00pm</b>		11:00am-12:00pm Active Older Adults (Barb)		11:00am-12:00pm Active Older Adults (Barb)		
<b>5:00-6:00pm</b>	5:00-6:00pm Intermediate Cycling (Tracy D)	5:00-6:00pm Zumba (Traci T)	5:00-6:00pm Intermediate Cycling (Tracy D)	5:00-6:00pm Cardio Mix Class (Traci D)		
<b>6:00-7:00pm</b>	6:00-7:00pm Cross Training (Vicki)	6:00-7:00pm Total Body Sculpt (Vicki)	6:00-7:00pm Cross Training (Vicki)	6:00-7:00pm Total Body Sculpt (Vicki)		
<b>7:00-8:00pm</b>		7:05-8:05pm **Yoga** (Nina)	7:05-8:05pm **Boxing Circuit** (Nancy)	7:05-8:05pm **Yoga** (Nina)		

\*\*Denotes Paid Class– Please sign up for class regardless of fee.

**Program Schedule Subject to Change**

Lakeshore Family YMCA, 23401 E Jefferson, St. Clair Shores, MI 48043 (586) 778-5811

*Financial assistance helps ensure everyone belongs at the YMCA. Ask for details at the courtesy counter.*

## Health and Fitness Class Descriptions

**AOA (Active Older Adult):** A body functional, low impact class that promotes increased strength, flexibility, balance and coordination. Class design is specific for seniors and those who wish to ease their way into fitness. Class combines exercises using bands, balls and weights.

**Cross Training:** Involves a set of exercises that mix cardio and muscle-strength for a total workout. You can get your heart rate up and also build strength. An excellent way to add variety to your workout program, cross training classes can keep you fresh and challenged.

**Intermediate Cycling:** No impact cardio for everyone! On a stationary bike you will receive a class that will develop muscle strength and endurance while working on your cardiovascular fitness.

**Cardio Mix:** We've combined elements of kick boxing, spinning and step aerobics for a high-energy class that promises excellent physical conditioning, fat burning and toning. Unlike other types of kick boxing, cardio mix does not involve physical contact between competitors. Designed for beginners to advanced fitness levels.

**Step Strength Circuit:** This class blends step aerobics with weight training and core strengthening for a thorough body workout. In between step aerobic activity, participants will be led through resistance and weight training exercises to build strength and endurance. Participants will also work the core. Designed for intermediate to advanced levels.

**Boxing Circuit:** Hit the bag and be prepared to sweat in this intense boxing class set-up in a circuit format. Be prepared to burn calories with a variety of boxing drills along with strength training & cardio intervals. Boxing gloves will be provided; just bring a towel and plenty of water! This class is for intermediate to advanced fitness levels.

**Kickboxing & Cycling:** Kick, Spin and punch your way through this one hour of kickboxing and cycling that will have you burning over 600 calories! Alternate back in forth in short intervals from hill climbing on the bike to jabbing and kicking on the floor! This is a great class for all fitness levels.

**Step Aerobics:** Choreographed patterns of movement onto a platform box. Cardio and strength are combined in a routine that is sure to be energetic and a great workout!

**Total Body Sculpt:** You'll work the major muscle groups of you upper body and lower body during this total body workout-plus enjoy abdominal work stabilize and strengthen the core muscle group. The instructor will lead the class in a variety of exercises using resistance equipment, body weight, stability balls, free weights, and more to keep participants engaged and challenged.

**Silver Sneakers-Muscular Strength Range of Movement:** Seniors exercise class that works with an individuals own strength, range of motion and flexibility. Class combines chair exercises using bands, balls and weights.

**Yoga:** Spirit, Mind and Body connection to breath and concentration. Enhance core strength, flexibility and muscle tone through postural holds and movement.

**Zumba:** The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow dance steps.

**\*\*Please register for all classes at the courtesy counter or online, regardless of the fees, member benefit classes included.**

**Personal Training:** Meet with a Nationally Certified Personal Trainer to help develop your own personal workout program, helping you meet your fitness goals faster and safer. Trainers are available for one on one or small group consultation. For more information please contact Lindsay Sammut today at 586-778-5811.