

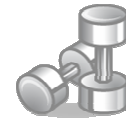
# 2010



of Moore County

## YGROUP EXERCISE™

We build strong kids, strong families, strong communities.



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>5:30-6:30am</u>	Cycling	Body Design	Cycling	Pump it Up	Cycling	
<u>5:30-6:15am</u>	Water Power		Water Power		Water Power	<b>**7:00am** Cycling</b>
<u>8:00-9:00am</u>	Water Works	Water Works	Water Works	Water Works	Water Works	
<u>8:30-9:30am</u>	Body Design	Cardio Step	Pump it Up	Cycling	Kickboxing	9:30-10:30am <b>NEW MEMBER            GROUP            ORIENTATION</b> Free - register at Welcome Center up till Friday before. Dates: January 9th, February 6th, March 6th
<u>9:30-10:30am</u>	Pilates		Pilates		Pilates	
<u>1:30-2:30pm</u>	Aqua Therapy	Aqua Therapy		Aqua Therapy		
<u>5:00-6:00pm</u>	Aqua Therapy	Aqua Therapy		Aqua Therapy		
<u>5:30-6:30pm</u>	Body Design	Zumba				
<u>5:30-6:15pm</u>		Pilates		Pilates		
<u>5:45-6:45pm</u>	<b>Water Works</b> <small>Note day of week change</small>			Water Works		
<u>6:00-6:45pm</u>		Beginner Cycling		Beginner Cycling		
<u>6:30-7:30pm</u>	Pump it Up	Cardio Step	Pump it Up	Cardio Step		



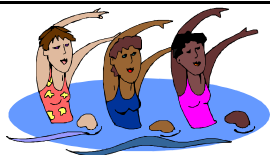
Children 10 and over may take classes IF parent is taking class and child able to participate

Classes are a benefit of Membership / See Back for Class Descriptions



# YMCA of Moore County FITNESS CLASS DESCRIPTIONS

## AQUATIC CLASSES:



**Aqua Therapy** – Enjoy the healing benefits of the water with Aqua Therapy. Excellent for those suffering from MS, arthritis, fibromyalgia, or stress. Chairlift available to those needing assistance entering the pool.

**Water Works** – A great way to condition the heart, muscles & joints with less impact than exercising on land. Uses the natural resistance of water to sculpt muscles, improve balance, and burn calories.

**Water Power** - a higher intensity water class using intervals & swimming.



## LAND BASED CLASSES:

### **Body Desgin**

This class combines aerobics, step & strength training moves for a complete body workout. Basic moves for all levels. Workout varies each week to keep your body strong and balanced. You will learn many different ways to train.

### **Cardio Step**

High energy calorie burning cardio workout utilizing the step with simple yet powerful moves. Class concludes with core work.

### **Cycling**

A dynamic indoor group cycling experience. 24 fully adjustable bikes, an enthusiastic instructor and great tunes set the stage for an incredibly motivating workout.

### **Kickboxing**

Punch and kick your way to a fitter you. An aerobic based kickboxing style class formatted to train the cardiovascular system and tone the mid-section and thighs.

### **Pilates:**

Low to No-impact class. Pilates is a form of exercise, developed by [Joseph Pilates](#), which emphasizes the balanced development of the body through [core strength](#), flexibility, and awareness in order to support efficient, graceful movement. The top benefits doing Pilates exercise is that people report are that they become stronger, longer, leaner, and more able to do anything with grace and ease. Moves can be adapted to all levels.

### **Pump-It-Up**

A group strength training workout utilizing a body bar and dumbbells. Body bar can be adjusted from 4.5 lbs to 50 lbs. Targets all major muscle groups. If you hate lifting weights alone, this one is for you! More lean muscle mass = greater resting metabolic rate!!

### **ZUMBA**

Dance your way to a fitter you with this exciting and new class of unique latin moves and rhythms that are taking the world by storm.

### **New Member Orientation**

This once a month class will address questions around what kind of exercise do you need, how much and how often you can exercise, and answer any questions you may have about the class formats. Basic Nutrition will also be addressed. Perfect for New Members OR ANY member with questions around fitness.