

# YHEALTH & FITNESS™

Effective 4/11-5/29, 2010

We build strong kids, strong families, strong communities.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Silver Sneakers I</b> 10-11am Misso/Drum	<b>Silver Sneakers II</b> 10-11am Misso/Drum	<b>Silver Sneakers I</b> 10-11am Misso/Drum	<b>Silver Sneakers Yogastretch</b> 10-11am Misso/Drum	<b>Silver Sneakers I</b> 10-11am Misso/Drum	
<b>Power Combo</b> 6-7pm Eaton	<b>Yoga - Beginner</b> 5:30-6:30pm Drum	<b>Totally Abs</b> 5:45-6:00pm Eaton	<b>Yoga - Beginner</b> 4:00-5:00pm Drum		
	<b>Boot Camp</b> 6:45-7:45pm Eaton	<b>BOSU</b> 6:00-6:30pm Eaton	<b>Boot Camp</b> 6:45-7:45pm Eaton		

## CLASS DESCRIPTIONS

**BOSU** - This class is an overall body workout that includes balance, strength, cardio and core conditioning. Participants will use a BOSU ball to achieve maximum results.

**Boot Camp** - This is an hour long fat-blasting class with intervals of cardio, resistance and strength training, as well as weight training. Whether your goal is weight loss, toning or just trying to improve your health, this class will help you achieve it.

**Power Combo** - This class will involve intervals of stepping, strength, agility and kickboxing. The main focus is to enhance your cardiovascular system with cross training intervals to challenge your entire body.

**Totally Abs** - 15 minutes of total focus on your ABS!

**Silver Sneakers I & II** - Have fun and move to the music through a variety of exercises designed to increase muscle strength, improve range of movement, and the activities of daily life. Hand-held weights, elastic tubing with handles, and an exercise ball are offered as resistance. A chair can be used for sitting and standing support.

**Silver Sneakers Yogastretch** - YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**Yoga/Beginner** - This class will help you develop strength, endurance, flexibility and proper body alignment through a series of poses with a strong emphasis on breathing and concentration.

\* Group Exercise classes are free for members. Potential members can buy a session pass or pay a \$5 drop-in fee for each class.