

July Group Fitness Classes

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|--|--|---|---------------------------|
| | | | 1 9:00am OUIDA'S AEROBICS 10:00am CORE CUT INTERVAL- Sara 5:00pm Yoga - Dawn 6:00pm Cardio Boot Camp - Sarah 7:00pm ZUMBA-Nikki | 2 8:00am – Kickboxing – Jennifer 9:00am Totally Toning - Lisa 10:00am Butts & Guts – Betsy 11:00am Total Stretching – Betsy 12:00 – Cardio Step – Jennifer | 3 10:00 ABS- Carissa | 4 Closed |
| 5 Closed for Holiday | 6 9:00am OUIDA'S AEROBICS 9:00am Core Cut Interval* 10:00am Yoga - Dawn 6:00pm CYCLING-Mike 7:00pm ADULT MARTIAL ARTS** | 7 7:30am CYCLING & PUMP-Lori 9:00am HI/Lo AEROBICS & TONING – Cindy 10:00am Cardio Jam-Betsy 3:45pm Youth Martial Arts** 6:00pm Turbo Kick® - Tara 7:00pm WOMEN'S PUMP w/Joci in Fitness Center -See Front Desk | 8 9:00am OUIDA'S AEROBICS 10:00am CORE CUT INTERVAL- Sara 5:00pm Yoga - Dawn 6:00pm Cardio Boot Camp - Sarah 7:00pm ZUMBA-Nikki | 9 8:00am – No Class 9:00am – Totally Toning - Lisa 10:00am Butts & Guts – Betsy 11:00am Total Stretching – Betsy 12:00 – No Class | 10 10:00am ABS - Carissa | 11 |
| 12 9:00am HI/LO INTERVAL TRAINING - CINDY 5:00 pm – Kickboxing - Jennifer 6:00pm CARDIO BOOT CAMP-Sarah 7:00pm ZUMBA-Paulina | 13 9:00am OUIDA'S AEROBICS 9:00am Core Cut Interval* 10:00am Yoga - Dawn 6:00pm CYCLING-Mike 7:00pm ADULT MARTIAL ARTS** | 14 7:30am CYCLING & PUMP-Lori 9:00am HI/Lo AEROBICS & TONING – Cindy 10:00am Cardio Jam-Betsy 3:45pm Youth Martial Arts** 6:00pm Turbo Kick® - Tara 7:00pm WOMEN'S PUMP w/Joci in Fitness Center -See Front Desk | 15 9:00am OUIDA'S AEROBICS 10:00am CORE CUT INTERVAL- Sara 5:00pm Yoga - Dawn 6:00pm Cardio Boot Camp – Sarah 7:00pm ZUMBA-Nikki | 16 8:00am – Kickboxing – Jennifer 9:00am Totally Toning - Lisa 10:00am Butts & Guts – Betsy 11:00am Total Stretching – Betsy 12:00 – Cardio Step – Jennifer | 17 10:00am ABS- Carissa | 18 |
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* Class held in the gymnasium.

**Class has an additional fee over and above membership.

Don't forget to check with your physician BEFORE beginning any new exercise program.

Babysitting available:

M-F 8:45-11:00am Sat. 9:00-11:30am
 Monday-Thursday 5:00 - 8:00pm Tues 5 – 7:30pm

*****PLEASE REVIEW SCHEDULE EACH DAY. SOME CLASSES ARE HELD AT DIFFERENT TIMES AND LOCATIONS *****

Aerobic Descriptions

Butts & Guts: Class will focus on those two hard to treat problem areas. Floor exercise along with utilizing the fitness balls to get a complete workout for your glutes and ab regions.

Cardio Boot Camp: Class incorporates short bursts on the stationery bike (approx. 3-4, 5 minute segments), followed by floor exercises using weights, tubes and body resistance in order to work all major muscle groups. Abs and stretching are also included.

Cardio Jam- Class of cardio/strength training utilizing step, biometrics, weights and isometrics to develop strength and cardio.

Cardio Step: Step aerobics at a pace that will give you a great cardio workout.

Circuit: Non-choreographed workout incorporates weights, balls, tubes and more in order to work all major muscle groups. The hour class is formatted to work 2 minutes of strength followed by 1 minute of cardio.

Cycling: Instructor lead class utilizes stationary bikes to pedal your way through a great workout.

Hi/Lo Interval Training: Hi and low impact floor aerobics are combined with intervals of body toning using resistance bands or weights. Abs and stretching are also included. Great for all fitness levels.

Kickboxing: Cardio class that utilizes aspects of kickboxing.

Line Dancing: Cardio workout that utilizes line dancing as a way to get in shape and learn how to line dance at the same time.

Hi/Lo Aerobics and Toning: 30 minutes of hi and low impact aerobics are followed by total body toning using weights or resistance bands. A great work out for all fitness levels.

Saturday Mash Up: Class and instructor will not be revealed till day of the class. This class will provide you with a great cardio workout.

Senior-Cize: Low impact exercise class meant to increase strength, mobility and to tone up. Participants may utilize a chair if needed. Class ends with an instructor lead line dance.

Step & Sculpt: Step aerobics combined with upper body toning using resistance bands or weights.

Total Stretching: A class that focuses on getting a full body stretch.

Totally Toning: This class combines upper and lower body toning with resistance bands or weights. Abs and stretching are also included.

Turbo Kick®- A choreographed workout routine with a fusion of hip hop and kickboxing.

Zumba®- fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.

YOGA: Class focuses on improving deep breathing, concentration and flexibility. The Hatha style class also strengthens and tones the muscles. Class always ends with relaxation techniques.

*****Beginners are welcome to all classes. Please advise the instructor if you require assistance.*****

We reserve the right to discontinue classes due to low attendance/enrollment.

Inclement Weather Policy

Please follow the weather school-closing schedule. Morning classes will be cancelled if **Milton OR Lewisburg School Districts** have a delay or cancellation. When in doubt, please call.

Class Change/Cancellation Policy

In the event an instructor is unable to teach their scheduled class, we will do our best to fill the class with a substitute instructor. If a substitute is not available and the instructor has your contact information we will try and notify you.

Sign-In Sheet

Please sign in at the beginning of each class and provide us with contact information. If possible, we will contact you in the event your regular class has been changed or cancelled.

**MILTON YMCA
SUMMER 2010
POOL SCHEDULE**

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--------------------------------|---------------------------------------|--|----------------------------|---------------------------------|
| 7:30 - 9 AM LAP | 7:30 - 9 AM LAP | 7:30 - 9 AM LAP | 7:30 - 9 AM LAP | 7:30 - 9 AM LAP | | |
| 9 - 10 AM Aquacise | 9 - 10 AM Aquacise | 9 - 10 AM Aquacise | 9 - 10 AM Aquacise | 9 - 10 AM Aquacise | | |
| 10 - 11 AM AquaPilates | 10 - 11 AM Aqua Cycling/Aqua Walking | 10 - 11:00 AM DAY CARE | 10 - 11 AM AquaPilates | 10 - 11 AM Aqua Cycling/Aqua Walking | | |
| 11 AM - 1 PM LAP | 11 AM - 1 PM LAP | 11 AM - 1 PM LAP | 11 AM - 1 PM LAP | 11 AM - 1 PM LAP | | |
| 1 - 2 PM Arthritis Aquacise | 1 - 2 PM Private Lessons/Open** | 1 - 2 PM Arthritis Aquacise | 1 - 2 PM Private Lessons/Open** | 1 - 2 PM Arthritis Aquacise | | |
| 2 - 3:30 PM DAY CAMP | 2 - 3:30 PM DAY CAMP | 2 - 3:30 PM DAY CAMP | 2 - 3:30 PM DAY CAMP | 2 - 3:30 PM DAY CAMP | 12 - 1 PM LAP | |
| 3:30 - 5:30PM Open | 3:30 - 5:30PM Open | 3 - 5:30PM OPEN | 3:30 - 5:30PM Open | 3:30 - 5:30PM Open | 1 - 2 PM Open / Rental | 1:00 -2:00 PM LAP |
| 5:30 -6:30 PM Lap | 5:30 -6:30 PM Lap | 5:30 - 6:30 PM Lap | 5:30 - 6:30 PM Lap | 5:30 - 6:30 PM Lap | 2 - 3 PM Family* | 2:00 - 3:00 PM Rental/Open** |
| 6:30 - 7:30 PM Aquacise | 6:30 - 7:30 PM Aquacise | 6:30 - 7:30 PM Aquacise | 6:30 - 7:30 PM Aquacise | 6:30 - 8:30 PM Open | 3 - 4 PM Open/Rental ** | 3:00 - 4:00 PM Family* |
| 7:30 - 8:30 PM Open | 7:30 - 8:30 PM Open/Rental | 7:30 - 8:30 PM Open | 7:30 - 8:30 PM Open/Rental | | 4:00 - 4:45 PM Open | 4:00 - 4:45PM Open |
| **Call ahead to see if the pool has been rented or if private lessons are scheduled. | | | | * All kids under 18 years of age must be accompanied by an adult / Adult must be in the pool area. | | |