



# AEROBICS/CYCLING

We build strong kids, strong families, strong communities.

## 2009-2010 Fitness Class Schedule

Session	Dates
<b>Three</b>	<b>Dec. 7-Jan. 29</b>
<b>Four</b>	<b>Feb. 1-Mar. 12</b>
<b>Five</b>	<b>Mar. 15-Apr. 30</b>
<b>Six</b>	<b>May 3-June 11</b>
<b>Summer Session Seven</b>	<b>June 14-July 23</b>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30-7:15AM Cycling* Rebecca		6:30-7:15AM Cycling* Rebecca		
9:30-10:30 AM Bodies in Motion		9:30-10:30 AM Interval/STEP Aerobics	9:30-10:30 AM Crystal'ates	9:30-10:30 AM Kickboxing	Toning 9:00-10:00 AM
10:00-11:00 AM Water Aerobics w/Crystal	9:30-10:30 AM Crystal'ates	10:00-11:00 AM Water Aerobics w/Crystal	<i>SPINtensity</i> 12:15-1:00 PM Cycling*		<i>SPINtensity</i> 9:15-10:00 AM Cycling*
	<i>SPINtensity</i> 12:15-1:00 PM Cycling*	<i>Adaptive Dance</i> 4:00-4:45			New!!! 10:15-11:30 AM Yoga Brenda D'Angelo
Crystal'ates 5:00-6:00PM	5:15 - 6:15 PM Stretch & Sculpt Sheryl	Crystal'ates 5:00-6:00PM	5:15 - 6:15 PM Stretch & Sculpt Sheryl	<i>CardioBoxing</i> 4:45-6:00PM	
<i>SPINtensity</i> 6:00-6:45PM Cycling*		<i>SPINtensity</i> 6:00-6:45PM Cycling*		6:00-7:15PM Yoga Angela Perry	
		<b>NEW!!!!</b> 6:15-7:30PM Yoga Brenda D'Angelo			

CORTLAND COUNTY FAMILY YMCA  
 22 Tompkins Street  
 Cortland, New York 13045  
 607-756-2893  
[www.cortlandymca.org](http://www.cortlandymca.org)



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**Class Level:** B – Beginner, I – Intermediate, A – Advanced

**Interval Training (1 class per week)**

Alternating intervals of toning and cardio with a focus on abdominal work and stretching. Exercises are to up- beat music and use a variety of techniques and equipment.

**Class Level: I, A    Age Level: Adult  
\$5.00/class Non-member**

**Kickboxing (1 class per week)**

A high intensity aerobic workout using multiple kickboxing moves, class ends with an intense ab workout and stretching.

**Class Level: B, I, A    Age Level: Teen, Adult  
\$5.00/class Non-member**

**Crystal'ates (4 classes per week)**

Wake up and energize the body with a Yoga and Pilates class; stretch and tone yourself to a new level of fitness.

**Class Level: I, A    Age Level: Adult  
\$5.00/class Non-member**

**Water Aerobics (2-3 classes / week)**

Aerobic exercises performed in the pool coordinated to music allowing for a total body, low- impact workout.

**Class Level: B, I, A    Age Level: Teen, Adult  
\$5.00/class Non-member**

**Yoga-3 classes per week**

Focuses on traditional yoga postures and poses. Movements help develop posture, balance, strength, and flexibility for the entire body. Combined breathing techniques enhance each movement. Friday night class offers Sivananda style yoga. Wednesday and Saturday night classes offers Kripalu style yoga.

**Class Level: B, I, A    Age Level: Adult  
Free to members, \$8.00 Non-members/class**

**STEP Aerobics (2 classes per week)**

A class designed to get a complete work out. Step your way to a new you!

**Class Level: B, I, A    Age Level: Teen, Adult  
\$5.00/class Non-member**

**Stretch and Sculpt (2 classes per week)  
member**

Music-motivated exercises using hand weights and floor work. Low weights and multiple repetitions produce results for targeted areas.

**Class Level: I, A    Age Level: Teen, Adult  
\$2.00/class Non-**

**CardioBoxing-(1 Class per Week)**

This class will focus on specific boxing techniques and movement that achieves a challenging aerobic work-out.

**Class Level: B, I, A    Age Level: Teen, Adult  
\$5.00/class Non-member**

**Bodies in Motion-(1 Class per week)**

This class offers a different approach to exercise and well-being in exploring body awareness through balance, flexibility, and movement.

**Class Level: B, I, A    Age Level: Teen, Adult  
\$2.00/class Non-member**

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