



AEROBICS/CYCLING

We build strong kids, strong families, strong communities.

2010

Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CoreBlasts 6:15AM-6:45AM	6-6:45AM Cycling* Rebecca	CoreBlasts 6:15AM-6:45AM	6-6:45AM Cycling* Rebecca		
9-10AM Step Interval Stephanie	9:30-10:30 AM Crystal'ates	9-10AM Bodies in Motion Cassie	9:30-10:30 AM Crystal'ates	9-10AM Body Shop Cassie	Toning 9-10 AM Sherry
10-11 AM Water Aerobics w/Crystal		10-11AM Water Aerobics w/Crystal			<i>SPINtensity</i> 9:15-10 AM Cycling*
	<i>SPINtensity</i> 12:15-1PM Cycling*	<i>Adaptive Dance</i> 4-4:45	<i>SPINtensity</i> 12:15-1PM Cycling*		10:30-11:45 AM Yoga Brenda D'Angelo
Crystal'ates 5-6PM	5:15 – 6:15 PM Stretch & Sculpt Sheryl	Crystal'ates 5-6PM	5:15 – 6:15 PM Stretch & Sculpt Sheryl	<i>CardioBoxing</i> 4:45-6PM Jason	
<i>SPINtensity</i> 6-6:45PM Cycling*		<i>SPINtensity</i> 6-6:45PM Cycling*		6-7:15PM Yoga Angela Perry	
<i>CardioBoxing</i> 6:15-7:30PM Jason		<i>ZUMBA®</i> 6-7PM Angela O.			Updated 7/8/10



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Class Level: I, A Age Level: Adult

Crystal'ates (4 classes per week)

\$5.00/class Non-member

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

Class Level: B, I, A Age Level: Teen, Adult

Water Aerobics (2-3 classes / week)

\$5.00/class Non-member

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

Class Level: B, I, A Age Level: Adult

Yoga-3 classes per week

Free to members, \$8.00 Non-members/class

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: Teen, Adult

STEP Aerobics (2 classes per week)

\$5.00/class Non-member

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

Class Level: I, A Age Level: Teen, Adult

Stretch and Sculpt (2 classes per week)

\$2.00/class Non-member

Music-motivated exercises using hand weights and stability balls. Low weights and multiple repetitions strengthen muscles and tone targeted areas.

Class Level: B, I, A Age Level: Teen, Adult

CardioBoxing-(2 Class per Week)

\$5.00/class Non-member

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

Bodies in Motion/Interval Training-(1 Class per week)

\$2.00/class Non-member

This class will focus on alternating intervals of toning and cardio exercises for all fitness levels. We will use a variety of movements to improve strength, balance and flexibility, as well as different equipment to keep the class interesting and fun!

Class Level: B,I,A Age Level: Teen, Adult

Cycling-(7 Classes per week)

\$1.50/class for members, \$8.00 Non-member/class

**CORTLAND COUNTY FAMILY YMCA
22 Tompkins Street
Cortland, New York 13045
607-756-2893
www.cortlandymca.org**



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Intense workout for the beginner through advanced. Improves cardio-vascular fitness and endurance. Orientation with instructor required for this class. Also sign-up for each class required.

Body Shop-(1 Class per week)

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

This class offers a gentle approach to exercise and is great for all fitness levels. Use of floor work, resistance bands, stability balls and hand weights will help lengthen and strengthen your muscles.

Core Blasts-(2 Classes per week)

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

An ab-focused class that will strengthen and tone your abdominals and lower back muscles.

Updated 2/10/10