



# AEROBICS/CYCLING

FOR YOUTH DEVELOPMENT, FOR HEALTHY LIVING, FOR SOCIAL RESPONSIBILITY

## 2011 Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15-6:45AM Pilates Basics Denise		6:15-6:45AM Pilates Basics Denise				
	6-6:45AM Cycling Rebecca		6-6:45AM Cycling Rebecca			
9:30-10:30AM Bodies in Motion Cassie	9:30 -10:30 AM Crystal'ates	9:30-10:30AM Step Interval Stephanie	9:30-10:30 AM Crystal'ates	9:30-10:30AM Body Shop Cassie	Toning 9-10 AM Sherry	Cycling 9-9:45 AM
10-11 AM Water Aerobics w/Crystal	12:15-1PM Cycling	10-11AM Water Aerobics w/Crystal	12:15-1PM Cycling	10-11AM Water Aerobics w/Liane	9:15-10 AM Cycling	
		<i>Adaptive Dance</i> 4-4:45		CardioBoxing 4:45-6PM Jason	10:30- 11:15 AM Adult Swim Lessons	
		Crystal'ates 5-6PM				
Crystal'ates 5-6PM	5:15 - 6:15 PM Stretch & Sculpt Sheryl		5:15 - 6:15 PM Stretch & Sculpt Sheryl			
CardioBoxing 6:15-7PM Jason		ZUMBA 6:00-7:00PM				
6:15-7PM Cycling		6:15-7PM Cycling				Updated 1/11/11

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

# the **AEROBICS/CYCLING**

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## All Aerobics, Cycling and Yoga Classes are *FREE* to YMCA Members! **Class Descriptions**

<b><u>Adaptive Dance</u></b> -(1 Class per week)	FREE
Fun upbeat class for individuals with developmental disabilities. Learn new dances or have fun practicing old ones!	
<b><u>Crystal'ates</u></b> (4 classes per week)	\$5.00/class Community Member
Wake up and energize the body with a Yoga and Pilates class; stretch and tone yourself to a new level of fitness.	
<b><u>Water Aerobics</u></b> (2-3 classes /week)	\$5.00/class Community Member
Aerobic exercises performed in the pool coordinated to music allowing for a total body, low- impact workout.	
<b><u>STEP Interval</u></b> (1 class per week)	\$5.00/class Community Member
A class designed to get a complete work out. Step your way to a new you!	
<b><u>Stretch and Sculpt</u></b> (2 classes/wk)	\$3.00/class Community Member
Music-motivated exercises using hand weights and stability balls. Low weights and multiple repetitions strengthen muscles and tone targeted areas.	
<b><u>CardioBoxing</u></b> -(2 Classes/week)	5.00/class Community Member
This class will focus on specific boxing techniques and movement that achieves a challenging aerobic work-out.	
<b><u>Bodies in Motion/Interval Training/Body Shop</u></b> -(1 Class/week)	\$5.00/class Community Member
This class will focus on alternating intervals of toning and cardio exercises for all fitness levels. We use a variety of movements to improve strength, balance and flexibility, as well as different tools to keep the class interesting and fun!	
<b><u>Cycling</u></b> -(8 Classes per week)	\$7.00 Community Member
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.	
<b><u>Pilates Basics</u></b> -(2 Classes per week)	\$5.00/ Community Member
Entry level pilates workout. Introduction to basic pilates movements that will build a strong foundation of core strengthening.	
<b><u>Zumba Dance</u></b> (1 class per week)	\$5.00/ Community Member
Is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system.	

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