



Northern Lake YMCA Group Exercise Schedule February 22 - April 10

There are no classes March 28-April 4 due to Spring Break

**PLEASE CIRCLE ALL CLASSES YOU WISH TO REGISTER FOR
AND SIGN THE WAIVER AT THE BOTTOM OF THE PAGE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-7:45am Sunrise Cycle Margaret	5:00-6:00am Fit Hit Cynthia	6:00-7:00am Kickboxing Margaret	5:00-6:00am Fit Hit Cynthia	7:00-7:45am Sunrise Cycle Margaret	7:00-8:00am Fit Hit Cynthia	
8:00-9:00am Pilates Margaret		7:00-8:00am Pilates Margaret	7:00-8:00am Step to It! Margaret	8:00-9:00am Pilates Margaret	8:00-9:00am Kickboxing Heather	
5:00-5:30pm Crunch Time Clair	6:00-6:40pm Hip Hop Hustle Heather		8:00-9:00am Pump-N-Tone Margaret		9:00-10:00 Pump-N-Tone Heather	
5:30-6:00pm Pedal Power Clair	6:40-7:00pm Crunch Time Heather	5:15-6:15pm* Step to It! Clair <small>*no class March 3</small>	6:00-6:40pm Heavy Bag Kickboxing** Cynthia	5:30-6:30 pm Step to It! Clair		
6:15-7:00pm Zumba Cynthia	7:00-7:20pm Arm-tastic! Heather	6:15-7:00pm* YogaFit Clair <small>*no class March 3</small>	6:40-7:00 Crunch Time Cynthia			
7:00-7:40pm Pump-N-Tone Cynthia	7:20-8:00 Cardio Blast Heather		7:00-8:00pm Step Step Higher <small>Intermediate/Advanced</small> Cynthia			

If you are put on a waitlist for any class please note that participants will be taken according to the order of the waitlist.

All Group Fitness Classes are FREE to Members of the Northern Lake YMCA!

In consideration of my/our participation in the activities of the Lake County Family YMCA, I/We do hereby fully release and discharge, and save whole and harmless, the YMCA members of the Board, the officers, and employees, their successors and affiliates from any and all liability for damages or claims fro damages, causes of action, claims, demands, costs, expenses, and compensations of any nature whatsoever, and any and all known and unknown personal injuries, sickness, illness or disorder, which I/we may now hereafter have (as parents and/or guardian of our minor child/children, and also all claims or rights of action, for damages which the said minor child/children has/have or may hereafter have) arising out of or connected with participation in any activities whatsoever of the said Lake County Family YMCA.

Signature of Parent or Participant

Date

Printed Name

Staff Signature

Northern Lake YMCA

Group Exercise Class Descriptions

Pump-N-Tone - This workout uses body bars, dumbbells, and a variety of other resistance training tools designed to help sculpt and tone the muscle and is set to motivational music. Moderate and light resistance with lots of repetitions. Tone, strengthen, and define every major muscle group. All fitness levels welcome

Step To It! - A high energy, fast paced and fun step aerobic class to build your cardio endurance. Be ready for a great workout with challenging and creative moves. Beginner/Intermediate and Advanced levels available.

Sunrise Spin— Greet the morning with some intermediate/beginner level cycling that is sure to get your heart pumping! Don't forget a towel and water bottle, you're gonna' need it!

Pedal Power - Burn calories during this moderate intensity workout! This is a great way to supplement your workouts and is good for both beginner and intermediate levels. Please bring a towel and water bottle. Bike shorts are recommended.

Hip Hop Hustle — Feel the rhythm of the hip hop beats and challenge your body to move in a whole new way! This class is designed to give you a full body workout!

Fit Hit -This class focuses on interval training by incorporating high intensity cardio moves to increase your heart rate and strength resistance training to tone and condition muscles. **Structured like an outdoor boot camp** it's the perfect balance between weights and cardio! Work hard, sweat hard and lean out.

Yoga/Pilates - These classes can be a combination of holding poses, engaging in free weights, body toning and involves the utilization of numerous stretching techniques. Mats, free weights, and other pieces of equipment will be available to use during the class. Lengthen, strengthen, and tone your entire body.

Crunch Time - Blast your core with a short spurt of intense ab workouts!

Arm-tastic! - Tone your arms! This 20-minute non-stop arm workout focuses on strengthening your biceps and triceps using hand weights, elastic bands and your own body weight. No aerobic component and all abilities welcome.

Rev It Up! - This fat burning, metabolism revving workout incorporates toning exercises with high intensity cardio intervals. No wasting time here! You will get a cardio and a strength workout in one!

Zumba! - Inspired by the traditional cumbia, salsa, samba and meringue music and dance. It has become one of the fastest growing dance based fitness crazes in the country with people of all ages falling in love with its infectious music, easy to follow dance moves and body beautifying benefits.

Kickboxing—Burn calories and have fun! This class combines boxing moves with aerobic exercise while toning both upper and lower body. Build muscle, endurance, balance, agility, and coordination.

****Heavy Bag Kickboxing** - THIS CLASS REQUIRES PARTICIPANTS TO BRING THEIR OWN BOXING GLOVES. A great cardio and toning class that uses heavy bags to work out both upper and lower body as well as your mid-section! Blast fat with this intense and fun, high energy workout!