



# Northern Lake YMCA Group Exercise Schedule July 12- August 14

**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
8:00-9:00am <b>Pilates</b> Margaret	5:00-6:00am <b>Fit Hit</b> Cynthia	7:00-8:00am <b>Pilates</b> Margaret	5:00-6:00am <b>Fit Hit</b> Cynthia	8:00-9 :00am <b>Pilates</b> Margaret	7:00-8:00am <b>Fit Hit</b> Cynthia	9:15-10:00am <b>Zumba</b> Jaclyn (NEW)
9:00am-10:00am <b>Pump-N-Tone</b> Margaret (New Class)	9:00-9:45am <b>Zumba</b> Jaclyn (NEW)	9:00-10:00am <b>Body Toning W/Trainer</b> Bev (New Class)	7:00-7:50am <b>Step to It!</b> Margaret	9:00-10:00am <b>Spin</b> Margaret (New Class)	8:00-8:45am <b>Kickboxing</b> Heather	10:15-11:15am <b>Pump-N-Tone</b> Jaclyn (NEW)
	11:30-12:30pm <b>Active Mature Adults</b> John (NEW)		8:00-9:00am <b>Pump-N-Tone</b> Margaret		9:00-10:00am <b>Pump-N-Tone</b> Heather	
5:00-5:40pm <b>Pedal Power</b> Clair			11:30-12:30pm <b>Active Mature Adults</b> John (NEW)			
5:40-6:00pm <b>Abs</b> Clair	6:00-7:00pm <b>Legs/Arms</b> Heather (New Name)	5:00-6:00pm <b>Step to It!</b> Clair (New Time)		<b>5:00-6:00 pm</b> <b>Step to It!</b> Clair		
6:15-7:15pm <b>Belly-robics</b> Zafirah	7:00-7:45pm <b>Cardio Blast</b> Heather	6:15-7:00pm <b>YogaFit</b> Clair	6:00-7:15pm <b>Heavy Bag Combat Kickboxing**</b> Elliot			

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

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.

**Active Mature Adults** - This is a light to moderate class that works on slowly improving overall flexibility, cardio-aerobic, muscle strength.

**Body/Toning w/Trainer** - A fantastic workout using assorted types of exercise Tubing, Bands, Balls, Weights, Jump ropes and a whole lot more. This class is movement for everyday life in motion..

**Pedal Power/Spin** - 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.

**Belly-Robics - NEW!!!** This class is a great way to learn all the basic belly dance movements slides, circles, twists, hip and shoulder shimmies, & more. This class will burn fat using low impact aerobic moves for toned abs, hips, thighs and arms.

**Fit Hit** -This class focuses on basic interval training by incorporating high intensity cardio moves to increase your heart rate and strength resistance training to tone and condition muscles.. Work hard, sweat hard and lean out.

**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.

**Yoga Fit**- This class is made up of some basic Yoga poses and has been taken up a notch for the Yoga Fitness Enthusiasts

**Abs** - Blast your core with a short spurt of intense ab workouts!

**Arms** - 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.

**Leg** — **NEW!!!** This is the ultimate full lower body workout that focusing on toning and strengthening your legs and glutes.

**Cardio Blast!** - A 40 minute cardio class designed for non stop action! A combination of kickboxing, interval training, step, spinning, and floor cardio work. Every week a different workout.

**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 Combat Kickboxing - INTERMEDIATE/ADVANCE LEVELS - MEN & WOMEN.** THIS CLASS REQUIRES PARTICIPANTS TO BRING THEIR OWN HEAVY BAG 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!