

Y GROUP EXERCISE™

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|-----------------------------------|-----------------------------------|-------------------------------|---------------------------------|--------------------------|------------------------------|
| 8:00AM | STEP N-SCULPT Grace | BEGINNER AEROBICS Liz | STEP-N-SCULPT Grace | BEGINNER AEROBICS Liz | YOGA Julia | STEP-N-SCULPT Fran |
| 6:00PM | STEP-N-SCULPT Christine | STEP-N-SCULPT Christine | KICKBOXING Grace | BOOT CAMP Grace | INTERVAL Grace | |

AEROBICS CLASS DESCRIPTIONS

Step-N-Sculpt: Take your fitness skills to the next step and join this intermediate level workout designed for cardiovascular conditioning and strength training. Step into this GREAT Class!

Beginner Aerobics: Designed for the beginner and active older adult. Includes a variety of activities including walking and low impact exercises.

Boot Camp: A fun, dynamic, and challenging circuit workout that incorporates an obstacle course to test your agility, endurance and stamina. Get Stronger! Get Energized! Get Moving!

Kickboxing: This is a fast pace, high energy total body workout. Full of kicks and punches, this sport utilizes moves from boxing and various martial arts to provide a complete cardiovascular workout.

Interval Step: An intense fitness class combining intervals of step aerobics and strength training. Burn fat and build muscle in this non-stop hour of power.

Body Sculpt: A strength training class designed to tone, develop and strengthen all major muscle groups by incorporating hand weights. Tighten and tone up your entire body.

Yoga: Involves a blend of meditation, exercise and body awareness to increase strength and flexibility. The aim is to build a strong and healthy spirit, mind and body through meditation, breathing and relaxation techniques.

Daily Fees: FREE/YMCA Members
\$6/Non-Members

The YMCA reserves the right to cancel any class/program when a minimum enrollment of 6 participants is not attained.

GROUP EXERCISE INSTRUCTORS NEEDED!

Join the South County YMCA Health and Fitness Team! Teach aerobics, kickboxing, step aerobics, salsa, zumba, yoga, pilates, ballet and much more! Certifications a plus!

HOURS OF OPERATIONS

Monday through Friday
5:00am - 8:30pm

Saturday
7:30am - 12:30pm

Sunday
CLOSED

KID'S ZONE

Monday through Friday
8:00am - 10:00am

5:30pm - 8:00pm
Saturday and Sunday
Closed



South County YMCA
560 Walker Drive, Soledad, CA 93960
(831) 678-1239

www.centralcoastymca.org
Financial Assistance is available.

