

YFC Aerobics Classes

Mon.	6:00-6:45am 9:00-10:00am 11:45-12:30pm 6:00-7:00pm	Indoor Cycling Senior Strength and Stretch Cardio on the Go Power Core Pilates
Tues.	9:00-10:00am 12:30-1:15pm 6:00-7:00pm	*Ready, Set, Serve Cross-Training* Boot Camp Rock Solid
Wed.	6:00-6:45am 9:00-10:00am 11:30-12:30pm 11:45-12:30pm 6:30-7:30pm	Indoor Cycling *Senior Strength and Stretch* Indoor Cycling and Yoga Cardio on the Go Living Well Yoga
Thurs.	9:00-10:00am 11:30-12:30pm 5:45-6:45pm	*Ready, Set, Serve Cross-Training* *Indoor Cycling* Rock Solid
Fri.	6:00-6:45am 9:00-10:00am 11:45-12:30pm 6:00-7:00pm	Indoor Cycling Senior Strength and Stretch Boot Camp Indoor Cycling

Class Descriptions listed on back.

**All classes are FREE for YFC members!
Drop in Fee is \$5.00.
Aerobic Punch Card \$30.00 for 10 classes**

Childcare available

Childcare is \$2.00 per session, per child. Punch cards may be purchased through the YFC Office.
Please be familiar with Nursery hours and guidelines.

For more information please call 592-3862 ext. 316. Or check out our blog: yfcfitness.blogspot.com

Class Descriptions

★ Senior Strength and Stretch

If you are 55 or over and wish to stay active, this is just the class for you! We focus on minimum impact strengthening exercises, light aerobic activity, and promote flexibility through stretching. You will use your full range of motion in this class to stay fit and healthy throughout your golden years. All abilities welcome.

★ Cardio on the Go

This is a vigorous lunchtime workout using primarily step aerobics with some strengthening exercises. This class is tailored to meet the needs of any fitness level, though it can be medium to high impact. Excellent aerobic conditioning is guaranteed in this calorie-burning class!

★ Rock Solid

This is an innovative class designed to increase aerobic endurance through cardiovascular conditioning and strength training. A 30-40 minute high intensity step aerobics class followed by a variety of strengthening exercises tailored to fit the specific needs of the students in the class. All fitness levels are welcome.

★ Ready Set Serve Cross Training

If you want it all in a workout, then this is the class for you! Every session is different, and focuses on developing flexibility, strength and toning, or cardiovascular fitness. Accountability is a large focus as well, with members of the class supporting one another as they get physically and spiritually fit. All fitness levels welcome.

★ Power Core Pilates

In this new Pilates class you will do exercises which teach awareness of breath and alignment of the spine, as well as aim to strengthen the deep torso muscles. In addition there will be toning and sculpting with hand weights. This class is appropriate for all fitness levels.

★ Boot Camp

Do you want a challenging class that will boost your aerobic capacity while incorporating intense circuit training and conditioning? Boot Camp utilizes sports conditioning exercises familiar to coaches and military practices, making this a class that will challenge you on many levels. Boot Camp is suitable for all fitness levels.

★ Indoor Cycling

Learn the fundamentals of riding, proper technique and form. These classes are open to all fitness levels, from the complete novice to the next Lance Armstrong.

★ Living Well Yoga

Living Well Yoga uses traditional moves to help participants stretch, strengthen, and tone. It is a full body workout made even more effective with its emphasis on correct breathing and body alignment. Join us as we learn when body and mind work together, Christian meditation and worship enable us to "live well". This class is suitable for all fitness levels.

★ Indoor Cycling and Yoga

Join us Wednesday afternoons for an innovative class that combines the intense aerobic workout of an indoor cycling class with the restorative stretching of yoga. This class is led by one of the most experienced instructors around in both disciplines. This class is suitable for all fitness levels.