

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Land fitness Schedule 2010						
	MON	TUE	WED	THURS	FRI	SAT
6:30am		<u>Pilates</u> Susan 1hr		<u>Pilates</u> Susan 1hr		
7:00am	<u>Senior Strength</u> Curtis 1hr		<u>Senior Strength</u> Curtis 1hr			
7:30 am		<u>Stress Free AOA</u> Mary-1 hr		<u>Stress Free AOA</u> Mary-1hr		
8:00am	<u>Stepfusion</u> Melissa-1hr		<u>Stepfusion</u> Melissa-1hr		<u>Stepfusion</u> Melissa-1hr	
9:00am		<u>AOA Fitness</u> Mu - 1hr		<u>AOA Fitness</u> Mu - 1hr		
10:00am 10:30am	<u>Low Impact Kickboxing</u> Tina- 1 hr	<u>AOA Fitness</u> Mu - 1hr	<u>Low Impact Kickboxing</u> Tina – 1 hr	<u>AOA Fitness</u> Mu - 1hr	<u>Low Impact Kickboxing</u> Tina- 1hr	
5:30pm	<u>Yoga/Pilates Sculpt</u> Shelby-1hr		<u>Yoga/Pilates Sculpt</u> Shelby-1 hr		<u>Yoga/Pilates Sculpt</u> Shelby-1 hr	
6:30pm	<u>Kickboxing</u> Tina 1 hr		<u>Kickboxing</u> Tina 1hr	<u>Zumba w/ Cindy</u> 1 hr	<u>Zumba with Cindy</u> 1hr	
* Please note that there MUST be 3 or more participants for classes to run. * Classes with \$\$\$ require an extra fee for participation (see front desk).						
 Agency #5038						

Fort Walton Family YMCA ~ 1127 Hospital Rd. ~ Fort Walton Beach, Fl. 32547
 850-863-9622 ~ Fax 850-862-7905 ~ Email: Ft Waltonfamilyymca@ecymca.org

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Fort Walton YMCA LAND FITNESS

CLASS DESCRIPTIONS

Senior Strength

Light Weight training and aerobic conditioning, It includes mat work and interval training with a focus on abs and back.



Stress Free Aerobics

This energetic class combines floor aerobics with dance moves to build cardio endurance, and then switches to body conditioning for a total workout at a slightly slower pace.



AOA-Active Older Adults Fitness

Learn the proper way to enhance and develop abdominal and lower back muscles and to increase their strength as you focus on light weight resistance and conditioning exercises done in a seated position. The class utilizes chairs, balls, tubing, and weights.



Pilates

Join us for an effective form of physical and mental conditioning that focuses on strengthening and stabilizing the core muscles. You'll leave feeling revived and energized.



Kickboxing

Open to everyone for a full body workout. You will learn basic punching and kicking skills that your waist, buttocks and hips won't forget.



Step Fusion

Step fusion is a combination of Step Class and Muscle toning for all levels of fitness. It is fun and challenging. It includes fat burning cardio with muscle toning and conditioning.

Cardio Sculpting Fusion

You'll burn calories and tone your body while integrating Elements of balance, flexibility, and yoga. The cardio is all low-impact, it is a series of five routines.



Zumba

Latin style dance and exercise!!! Fun and guaranteed to burn the calories!



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A United Way Agency #5038