



Niceville Family YMCA

Land Fitness Schedule – January 4, 2010

INDOOR CYCLING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am					-Jodi-	-Rotate-
9:30am	-Tanya-	-Holly-	-Tanya-	-Tanya-		
5:00pm	-Holly-	-Jodi-	-Holly-	-Becky-		

LAND FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am	AOA Lara		AOA Lara		AOA Lara	
8:45am		Sculpt Express (30) Lara				
9:15am		Zumba Gloria		Zumba Gloria		
9:30am			Step Lara			Zumba Gloria
9:45am	Toddlerobics (30) Lara					
10:15am		Yoga/Pilates Gloria		Yoga/Pilates Gloria		
10:45am					Extreme Muscle Conditioning Holly (45)	
4:00pm				Irish Step Dancing*		
5:00pm		Karate* (1 hour)		Karate* (2 hours)		
5:15pm	Body Sculpting(45) Gloria		Body Sculpting(45) Gloria			
6:00pm	Zumba Gloria		Zumba Gloria			
7:00pm		Irish Step Dancing*		Aikido* (1.5 hours)		
7:15pm	Aikido* (1.25 hours)					

All classes are an HOUR in length unless otherwise noted.

Please note that there MUST be 3 or more participants for classes to run.

*These classes require an additional fee.



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Class Descriptions

Indoor Cycling – Cycle to the beat of music with a motivating instructor. Burn calories in a series of hills, speed intervals, and resistance play.

Pilates/Yoga Mix—Build long, lean muscles through physical and mental conditioning that focuses on strengthening and stabilizing the core muscles. You'll leave feeling refreshed and energized.

Step Aerobics—High energy cardio class for steppers of all levels and abilities. Gain cardiovascular endurance and build muscle and coordination in this fun class.

Toddlerobics- Toddlers ages 18 months through four years. Will run, jump and move to music. A certified group exercise instructor will incorporate stability balls, padded blocks and mats to help children develop gross motor and social skills.

AOA (Active Older Adults)- this chair aerobics class teaches seniors to use light weights and bands to help build strength and muscle. The stretching and balance portion is designed to improve range of motion and flexibility, as well as fall prevention.

Extreme muscle conditioning—A workout designed to make you stronger and leaner. 45 minutes of heart pumping, muscle burning fun! Your body will thank you.

Body Sculpting—Get rid of your flab! Sculpt your muscles with the use of bands and weights.

Zumba – Dance class. Burn calories and learn new dance moves.

Irish Step Dancing – Fun for the whole family. For all ages.