



# Niceville Family YMCA

Land Fitness Schedule – Sept. 17, 2010

## INDOOR CYCLING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:30am</b>					-Holly-	-Rotate-
<b>9:30am</b>	-Tanya	-Holly-	-Tanya-	-Tanya-		
<b>5:30pm</b>	-Holly-	-Kayla-	-Holly-	-Kayla-		

## LAND FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7:30am</b>	Power Yoga Cynthia	Pilates Cynthia	Power Yoga Cynthia	Pilates Cynthia		
<b>8:30am</b>	AOA Lara		AOA Lara		AOA Lara	
<b>8:45am</b>		Sculpt Express (30) Lara				
<b>9:15am</b>		Zumba Gloria		Zumba Gloria		
<b>9:30am</b>	Step Gloria					Zumba Gloria
<b>9:45am</b>					Extreme Muscle Conditioning Holly (45)	
<b>10:15am</b>	Abs: Take it to the Core	Yoga/Pilates Gloria		Yoga/Pilates Gloria		
<b>10:30</b>	Toddlerobics (30 mins.) Lara					
<b>5:00pm</b>		Karate* (1 hour)		Karate* (2 hours)		
<b>5:15pm</b>	Kick Boxing Stacey	Youth Group Training Max 5-5:45pm	Body Sculpting(45) Gloria	Youth Group Training Max 5-5:45pm		
<b>6:00pm</b>	Zumba Gloria	Pilates Cynthia	Zumba Gloria			
<b>7:00pm</b>				Aikido* (1.5 hours)		
<b>7:15pm</b>	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

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**Turbo Kick Kickboxing** – Kick, punch and jab your way through an hour of exhilarating, fat burning workout! Burn calories, condition and tone your physique to a fun soundtrack.

**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.

**Toddlers**- 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 low impact aerobics class teaches seniors to use light weights 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.

**Youth Group Training**- This class is designed so that kids have fun and workout at the same time. This is a structured weight regimen along with cardiovascular training.