



February Aerobics Schedule

Monday

5:55 Bootcamp w/ball
 7:15 Yoga
 9:30 Gentle Exercise
 4:30 Step (not for beginners)
 5:30 Strength Toning
 6:00 HIT High Intensity Train
 7:00 All A.B.S

Tuesday

5:55 Step Aerobics
 7:15 Yoga
 4:00 Gentle Exercise
 5:00 Bootcamp
 6:00 Strength Toning
 6:30 Beginner Step
 7:30 Circuit Training

Wednesday

5:55 Bootcamp
 7:15 Yoga
 9:30 Gentle Exercise
 4:30 Kickboxing
 5:30 Core Strength
 6:00 Step (not for beginners)
 7:00 Yoga

Thursday

5:55 Kick/Cardio Fusion
 4:00 Gentle Exercise
 5:00 Beginner Step
 6:00 Strength Toning
 6:30 Circuit Training

Friday

5:55 Bootcamp
 9:30 Gentle Exercise
 4:30 Step/ Double Step- (not for beginners)
 5:30 Core Strength
 6:00 Cardio Fusion

Saturday

8:15 Step
 9:15 Core Strength
 9:30 Bootcamp

Sunday

9:00 Cardio Fusion
 10:00 Core Blast (15 minutes)

*** Indicates a new class or time change.**

There must be at least 4 members in attendance in order to conduct a class.

**Questions/comments:
 Trish4223@stny.rr.com**

Bootcamp:

This class combines weights and high/lo impact cardio which will work all your major muscle groups.

Fit and Firm:

This class is a high intensity, low impact, full body workout with intervals of low cardio and weight training.

Cardio Fusion:

This class is a combination of all different kinds of cardio exercise which might include step, double step, kickboxing and hi/lo impact aerobics.

Gentle Exercise:

This class provides standing low impact cardio exercises and strength and stretch exercises on the stability ball.

Step/Double Step:

This class is comprised of combinations of different step moves all done on either one or two Reebok steps.

Kickboxing:

This is an hour long kick boxing class that will take you through fun combinations of punches and kicks in a low impact, high intensity format.

Core Strength:

This is a non-cardio class that will concentrate on strengthening abdominal and lower back muscles.

Ball Class:

This class will focus on proper exercises and stretches that you can do on the resist-a-ball and with a small exercise ball.

Master Class:

This class is offered once a month and is taught by several instructors. It may incorporate many of our different classes for a little variety or just expand on a class already offered. Come join us! Look for signs!

Beginner Step:

This class is for members who are interested in learning the basic moves taught in our step classes. The instructor will take you slowly through our basic steps and then incorporate them into combinations. This is an excellent class for new members. Be sure to ask the instructor if you have any questions related to our aerobics program.

Yoga:

This is a non-cardio based class offered several times during the week. Please see the posters for a full description.

Strength Toning:

This non-cardio based class offered several times during the week. Please see the posters for a full description!

No Equipment Necessary:

This high intense class will reach all the major muscle groups using no equipment except a towel.

Belly Dancing: See signs posted in the aerobics room.

Fight Like a Girl and Girls on Guard:


See posters with information on how to sign up for this 6 week class. (Additional Fee)

All A.B.S

Abdominal Back Strengthening is especially designed to strengthen the abdominal and back muscles to promote better posture, core strength, and balance.

Power Body Sculpture

A high energy class that challenges all major muscle groups. Weights are used for a fantastic training workout.

 Indicates this is an appropriate class for a beginner. Please let the instructor know you are new!