



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# YMCA AT EAGLEVIEW • FLEXFIT SCHEDULE

## Spring 2012 March 27, 2012

### MONDAY

6:00 AM	Corporate Fit	60 min
8:00 AM	Step Challenge	55 min
9:00 AM	Step Challenge	60 min
10:00 AM	Butts and Abs	30 min
10:30 AM	Basic Training	60 min
11:55 AM	Yoga Strength <b>NEW!</b>	45 min
12:45 PM	Cardio, Core & More	60 min
5:30 PM	Step Challenge <b>NEW!</b>	45 min
6:15 PM	Zumba	60 min
7:15 PM	Step n' Sculpt	60 min
8:15 PM	Zumba	60 min

### TUESDAY

7:00 AM	Yoga <b>NEW!</b>	
8:00 AM	Lift It	60 min
9:00 AM	Cardio,Core,More <b>NEW!</b>	60 min
10:30 AM	Pilates	45 min
11:45 AM	Lift It	45 min
12:45 PM	Lift It	45 min
4:45 PM	Tai Chi <b>NEW!</b>	55 min
5:45 PM	Interval Training	75 min
7:00 PM	Body Vive	60 min
8:00 PM	Yoga	60 min

### WEDNESDAY

6:00 AM	Corporate Fit	60 min
8:00 AM	Step Challenge	55 min
9:00 AM	Interval Step Training	90 min
10:30 AM	Basic Training	60 min
11:55 AM	Yoga Strength <b>NEW!</b>	45 min
12:45 PM	Cardio, Core & More	60 min
5:30 PM	Pilates <b>NEW!</b>	45 min
6:15 PM	Zumba	60 min
7:15 PM	Step n' Sculpt	60 min
8:15 PM	Zumba	60min



### THURSDAY

7:00 AM	Yoga <b>NEW!</b>	60 min
8:00 AM	Lift It	60 min
9:00 AM	Cardio,Core,More <b>NEW!</b>	60 min
10:30 AM	Pilates	45 min
11:45 AM	Lift It	45 min
12:45 PM	Lift It	45 min
4:45 PM	Tai Chi <b>NEW!</b>	55 min
5:45 PM	Interval Training	75 min
7:00 PM	Yoga	60 min
8:00 PM	Zumba	60 min

### FRIDAY

6:00 AM	Corporate Fit	60 min
8:00 AM	Step n' Abs	55 min
9:00 AM	Step Challenge	60 min
10:00 AM	Butts & Abs	30 min
10:30 AM	Basic Training	60 min
11:55 AM	Yoga Strength <b>NEW!</b>	55 min
12:45 PM	Lift It	60min
5:30 PM	Zumba! <b>NEW!</b>	60 min

### SATURDAY

7:45 AM	Interval Training	75 min
9:00 AM	Step Challenge	60min
10:05 AM	Zumba <b>NEW!</b>	60 min

### SUNDAY

9:00 AM	Lift It	60 min
10:00 AM	Body Combat <b>NEW</b>	60 min



Full Members take classes at no additional charge. Program Members may purchase 20 punch Flex-Fit cards for \$115.00.

**BASIC TRAINING:** Basic moves at high intensity.

**BODY VIVE:** Combo of hi/lo cardio with resistance training using bands and balls. Great for all fitness levels.

**BOOT CAMP:** Appropriate for all fitness levels using a variety of lifting techniques.

**BUTTS AND ABS:** This class packs a lot into 30 minutes by focusing on the core areas of the glutes and abdominals.

**BODY COMBAT: A kickboxing class designed with high intensity moves.**

**CARDIO, CORE & MORE:** Cardiovascular exercises with an intense core workout.

**CORPORATE FIT:** Combines high and low impact aerobics to make a great start to your day.

**INTERVAL TRAINING:** A metabolism-boosting class that is a combination of cardio & lifting.

**INTERVAL STEP TRAINING:** A metabolism-boosting class that combines step moves and strength training for a total workout.

**LIFT IT:** Sculpting class designed to work all major muscle groups using a variety of equipment.

**PILATES:** strengthen your core and build total body strength through poses.

**STEP CHALLENGE:** Step class using fun and challenging moves to get your heart rate up. This is an intermediate to high level class.

**STEP N' ABS:** A step class followed by sculpting targeted on toning the abs.

**STEP N' SCULPT:** This 60-minute low impact step class is followed by sculpting moves.

**STRENGTH & STEP:** Tone arms then finish up with 45-minutes of step cardio.

**TAI CHI:** Increase flexibility and agility using flowing and connecte movements to improve focus and balance.

**YOGA:** Multi-level class using a variety of poses and deep breathing methods.

**YOGA STRENGTH:** Build Strength and flexibility using challenging moves & postures.

**ZUMBA:** Fun and energizing aerobic class using contemporary Latin dance moves.