

## Class Descriptions

**Ab Lab**—25 minutes of core strengthening exercises designed to target and define your mid-section for those rock hard abs you have always wanted.

**Aerobics & Sculpt**—30 minutes of high energy aerobic exercises guaranteed to make you sweat! With resistance exercises, abs and stretching you are on your way to a stronger and slimmer body.

**Body Conditioning**—A total body exercise class, using weights for strengthening muscles, followed by abs and stretch.

**New** **Circuit Training**—designed to burn fat while you develop muscular definition and endurance.

**Cycling**—Designed for all fitness levels. Burn calories and build stamina. New participants should arrive 10 minutes early to learn how to set up their bikes.

**Gentle Yoga**—This class offers basic restorative yoga postures and emphasizes slow deep breathing and relaxation.

**Into Action 50+ (AOA)**—25 minutes of cardio, 25 minutes of strengthening and core and 10 minutes of stretching. Elevate your heart rate with low impact aerobics. Free weights and stability balls are used for a complete workout.

**New** **Karate (Shotokan and Kempo)**—

This martial arts based workout will teach the basic stances, covers, kicks and punches of Kempo and Shotokan Karate.



**NIA**—This class selects movements from martial arts, dance and Tai Chi for a total body workout.

**Pilates**—This class emphasizes core strength, flexibility and alignment to sculpt a leaner and more athletic frame. Highly recommended!

**Silver Sneakers® I**—Move to the music through a variety of exercises intended to increase muscular strength and range of motion for daily living skills. A chair is used for seated and/or standing support.

**Stretch**—Increase flexibility, perform a total body stretch and leave feeling refreshed.

**Tai Chi**—Find relaxation through movement. This is a series of flowing movements that help improve coordination and balance.

**Yoga**—This class teaches major yoga poses (Asanas), emphasizing proper body alignment and breathing at a slower pace.

**New** **Total Balance**—A variety of exercises specifically designed to improve balance will not only give you a workout but give you the tools needed for fall prevention.

**New** **\*\*EXPRESS\*\***—get a great workout in with these classes we have designed to be completed in about 30 minutes. Great for those with a busy lifestyle!



# Spring/Summer 2008 Group Fitness Schedule

*Effective May 5, 2008*



**San Luis Obispo County YMCA**  
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