

Class Descriptions



20-20-20 - 20 minute intervals of cycle, step and kickboxing.

ABSOLUTELY - A 15 minute strictly abdominal workout.

BODY SCULPT - Muscle toning using hand weights and resistance tubing to strengthen major muscle groups.

BOOT CAMP - You're in the Army now! A high intensity class designed to increase cardiovascular endurance.

CARDIO FUNK - A high intensity, low impact funky moves aerobics class.

CIRCUIT - A high intensity class featuring 1 minute intervals of strength and cardio using the Cybex equipment in the center isle of the track.

CYCLE - A challenging "no impact" ride of your life.

JAMMIN' CARDIO - Get ready for an hour of heart pumping low to medium impact dance aerobics. Fun for all ages and walks of life!

KETTLE BELL - Muscle toning using kettle bells to strengthen major muscle groups.

KICKBOXING - Intense kick boxing combined with tae kwon do moves.

MEDICINE BALL - Cross train using a weighted ball to improve cardiovascular and muscle endurance with our newest class!

MOMMY & ME - Fun and playful class for moms with infants and toddlers ages 6 months to 2 years old designed to improve baby's balance, muscular strength and coordination.

NIA - Combines selected movements and concepts from Yoga, Tai Chi, Tae Kwon Do, Aikido, and dance to offer total-body cardiovascular conditioning and cross-training for any sport or activity.

PILATES - This class has an emphasis on core stabilization with proper body alignment to help improve strength, flexibility, balance and coordination.

POWER SCULPT - Muscle toning combined with intense power moves.

PRIME TIME FITNESS - A great class for seniors, beginners or individuals who are substantially overweight. Class features 30 minutes light cardio and 30 minutes of conditioning using chairs, tubing and balls.

SPORTS SPECIFIC TEEN TRAINING - A class for ages 10 to 18 with exercises designed to improve performance in sports related activities.

STEP - A high intensity workout with optional impact aerobics using a bench.

STEP COMBO - a high energy dance step class that will offer components of polymeric, weights, jump rope, and bosu.

YOGA - Stretches and poses to improve flexibility and core body strength are coordinated with breathing and relaxation techniques.

All YMCA fitness classes welcome anyone from beginner to advanced. You can use the suggestions below as a guideline, but always feel free to try them all!

If you are just beginning your fitness program, try **Prime Time Fitness, Hatha Yoga and Pilates.**

If you are more advanced, check out **Cycle, Body Sculpt and Cardio Funk.**

For a really intense workout, try **Boot Camp, Kettle Bell Plus and 20-20-20.**

If you have any questions, contact Angela Barnhill at **972-9622.**



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aerobics Schedule



Fall 2010

August 21 - October 31

The mission of the Harrison Family YMCA is to put Christian principles into practice to improve the quality of life in our communities with programs and services that strengthen the spirit, mind and body.



Harrison Family YMCA
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