



## Moose Jaw Family YMCA 2008 Fall Fitness Schedule

Time	Day	Class
5:45am-6:45am	Monday	Spin o Rama Jolene
6:45pm-7:45pm	Monday	Base Building Spin with Alexis
12:10-12:50	Monday	Spin with Karla
7:00pm-7:45pm	Tuesday	Family Circuit** Ages 6+ Ashley Florent
12:10-12:50	Wednesday	Spin with Karla
5:30pm-6:30pm	Thursday	Step with Muriel ***
9:00am-10:00am	Saturday	Rookie Circuit* Bette Mueller

\* Starts September 16<sup>th</sup>

\*\* Starts September 13<sup>th</sup>

\*\*\* Starts October

All Fitness classes are subject to change

FREE for members

\$5.00 per class for non-member or purchase a fitness access pass for  
\$40.00 3 mths.

## Fitness Descriptions

### **Rookie Circuit**

This class is an introduction to circuit training. By working through a sequence of exercise stations you will become stronger, improve balance and cardio fitness and build confidence in your ability to be active and strong. Circuit training is a component of an effective weight management program. You will be encouraged to work at a comfortable pace. If you are apprehensive about trying the “workout thing”, Rookie Circuit is a safe and fun place to start.

### **Spin O Rama**

The Consummate cycling (non-impact) adventure to music on a high performance stationary bike. A group experience where individuals are encouraged to train at their own levels – take it easy or sweat like you have never sweat before. Water and towels necessary!

### **Step Aerobics**

A great workout for all fitness levels! This is a cardio-based class using a portable platform of variable heights. The aerobic portion lasts about 25-35 minutes to maximize cardio conditioning and strength capability. Muscle conditioning, abdominal exercises, and stretching complete this fitness routine.

### **Base Building Spin**

A spin class designed for all levels to increase your aerobic endurance

### **Spin with Karla**

A spin class designed for all levels of fitness

### **Family Circuit**

Work together as a family to complete obstacles, win challenges and learn how to be active together. You must be over 6 to participate in this class and registration is required along with runners and comfortable clothing.