

Cameron Regional YMCA

Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15am Cardio Combo	5:30-6:15am Cardio Combo	5:30-6:15am Cardio Combo	5:30-6:15am Cardio Combo	5:30-6:15am Cardio Combo	
7:00-7:45 am Cardio Combo	7:00-7:45 am Cardio Combo	7:00-7:45 am Cardio Combo	7:00-7:45 am Cardio Combo	7:00-7:45 am Cardio Combo	
	8:00-8:30 am Cut and Chisel		8:00-8:30 am Cut and Chisel		
8:45-9:30 am Cardio Combo	8:45-9:30 am Cardio Combo	8:45-9:30 am Cardio Combo	8:45-9:30am Cardio Combo	8:45-9:30 am Cardio Combo	
	5:00-5:30 pm Cut and Chisel		5:00-5:30 pm Cut and Chisel		
5:30-6:00pm Speed Shred	5:30-6:00pm Speed Shred	5:30-6:00pm Speed Shred	5:30-6:00pm Speed Shred		
	6:15-7:15pm Zumba		6:15-7:15pm Zumba		

All classes are great for men or women of any age and fitness level.

Instructors: Paula Ott and Monica Robinson

Fees

Members: FREE

Non-Members: \$50/month or \$90 for a 20 visit punch card

Child Care Hours

FREE to YMCA Members and Group Exercise Participants for children in their immediate families.

Mon thru Fri mornings

8:00 to 10:00 am

Mon & Wed evenings

4:30 to 6:30 pm

Tues & Thurs evenings

4:30 to 7:30 pm

**For more information or to register contact the Cameron Regional YMCA
(816) 632-3811 or visit us at www.cameronymca.org**

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Group Exercise Class Descriptions

Cardio Combo—A fun cardio class for guys and gals that is designed to burn calories and improve your cardio conditioning and muscle strength.

Cut and Chisel—This 30 minute strength training class for guys and gals challenges all your major muscle groups with lunges, squats, lifts and curls. Increases muscle strength, endurance and function.

Speed Shred—This 30 minute “speed” class utilizes interval training to burn fat and increase your aerobic capacity.

Zumba—A FUN workout for all ages that combines Latin American dance rhythms and cardio moves. This heart pumping program can improve cardio, muscle tone, flexibility and provide stress relief.