

# Cameron Regional YMCA

## Group Exercise

### Summer 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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

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

Instructors: Paula Ott

#### 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-Fri mornings      8:00 to 10:00 am

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

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FOR SOCIAL RESPONSIBILITY

# 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.