

Cameron Regional YMCA

Group Exercise

Winter 2023

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 Dance Party Cardio		6:15-7:15pm Dance Party Cardio		

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

Instructors: Paula Ott and Ashley Pratt

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.

Hard Body Boot Camp—If you are looking for a class that will challenge you.....this is the class for you!! This class incorporates a variety of traditional exercises with interval and strength training to increase your aerobic capacity, strength and endurance. Each skill is modified to meet your individual needs.

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

Dance Party Cardio—A hybrid of dance choreography and cardio exercises set to music, creating a heart pumping workout to keep your body in constant motion. This fun class feels more like a party than an exercise class.