

Cameron Regional YMCA

Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15am Cardio Combo	5:30-6:15am Kickboxing	5:30-6:15am Cardio Combo	5:30-6:15am Cardio Combo	5:30-6:15am Cardio Combo Combo	
	8:00-8:30am Cut and Chisel		8:00-8:30am Cut and Chisel		7:00-8:00am Hard Body Boot Camp
8:35-9:30am Cardio Combo	8:35-9:30am Kickboxing	8:35-9:30am Cardio Combo	8:35-9:30am Cardio Combo	8:35-9:30am Cardio Combo	
4:00-5:00 Cardio Combo	4:00-5:00 Kickboxing	4:00-5:00 Cardio Combo	4:00-5:00 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	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, Wendy Danner

Child Care Hours

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

Monday thru Friday Mornings 8:00-10:00 am
Monday thru Thursday Evenings 4:00-7:15 pm

Fees

Members: FREE Non-Members: \$45/month or \$75 for a 20 visit punch card

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.

Kickboxing —This aerobic, non-contact, class provides a total body workout that targets core strength and balance for all ages and abilities designed to increase cardiovascular endurance, muscular strength, range of motion, and agility.

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

ZUMBA—Fitness program that combines music with dance moves. Routines incorporate interval training-alternating fast and slow rhythms-and resistance training.