

# Cameron Regional YMCA

## Summer Group Exercise Schedule

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	
7:00-8:00am Cardio Combo	7:00-8:00am Kickboxing	7:00-8:00am Cardio Combo	7:00-8:00am Cardio Combo	7:00-8:00am Cardio Combo	7:00-8:00am Hard Body Boot Camp
	8:00-8:30am Cut and Chisel		8:00-8:30am Cut and Chisel		
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	
5:30-6:30pm Zumba	6:30-7:30 pm Yoga	5:30-6:30pm Zumba	6:30-7:30pm Yoga		

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

**Instructors:** Paula Ott, Wendy Danner & Lisa Eletto

### 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 and children in their immediate families.**

Monday thru Friday Mornings 8:00-10:00 am  
 Monday & Wednesday Evenings 4:00-6:30 pm  
 Tuesday & Thursday Evenings 4:00-7:30 pm

**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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# 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.

**Yoga**—A Flow Yoga class for EVERYONE!!! Come enjoy stretching your body and mind as we flow and breathe through different yoga poses. All levels are welcome.

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