



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# 2011 Fitness Class Schedule

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Cardio Kickboxing 9:15am	Cardio Circuit 9:15am Yogilates 15min cool down	Boot Camp 9:15am	Cardio Circuit 9:15am Yogilates 15min cool down	Total Body Conditioning 9:15am
Strength & Conditioning 10:00am	Yoga 5:00pm		Yoga 5:00pm	
	Strength & Conditioning 6:00pm	Pilates 6:00pm		

## **Strength & Conditioning**

This class uses various resistance training techniques to improve muscular strength and endurance. You will develop muscle definition and elevate the body's metabolism by increasing lean muscle mass.

## **Boot Camp**

This type of class will provide you with a cardiovascular & strength workout by incorporating intervals of aerobic activity (step, floor aerobics, kickboxing moves, athletic drills, etc.) and/or resistance training (weights, bands, balls, etc).

## **Yoga**

Designed to build strength and increase flexibility as well as relax and de-stress your body. Perfect for all levels, beginner to advanced.

## **Pilates**

Simultaneously strengthen your muscles while increasing flexibility. These no impact sequences continue to build on the principles of the Pilates method.

## **Yogilates**

This class consists of a series of postures, breathing exercises and relaxation techniques.

## **Total Body Conditioning**

This fun choreographed aerobics class is geared to give you a workout for your entire body! Class includes cardiovascular training and will also focus on building your strength and muscular endurance. Class is for all fitness Levels.

## **Cardio Circuit**

This is a total body workout that includes strength and cardio intervals. Fun and challenging and can be altered for every fitness level. Men and teens are more than welcome to come check it out.

## **Cardio Kickboxing**

This is a non-contact kickboxing class utilizing basic kicks and punches. Designed as a total body workout, this class will make you sweat!

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