



# Fitness Classes

At the Cambridge Family YMCA

Classes are FREE with YMCA Membership  
 Non-Member Drop In Fee: \$15/class  
 10 Class Card (valid 60 days): \$135  
 See the Front Desk for more information.  
[www.cambridgeymca.org](http://www.cambridgeymca.org)

All Classes will be held in the Aerobic and Fitness Studio unless otherwise noted

## Monday

9:00-9:50 AM (Pool)  
 6:00-7:00 PM  
 6:15-7:15 PM (Boxing Gym)

Water Aerobics  
 Step & Tone  
 Women's Boxing Class

Instructor: Ann  
 Instructor: Jackie  
 Instructor: Dan

## Tuesday

10:00-11:00 AM  
 6:00-7:00 PM

Gentle Sculpt  
 Boot Camp

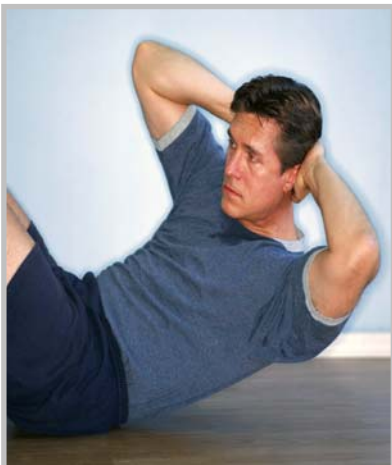
Instructor: Matthew  
 Instructor: Matthew

## Wednesday

9:00-9:50 AM (Pool)  
 6:00-7:00 PM  
 7:00-8:00 PM  
 6:15-7:15 PM (Boxing Gym)

Water Aerobics  
 Cardio Kickboxing  
 Beginner Boot Camp  
 Women's Boxing Class

Instructor: Ann  
 Instructor: Matthew  
 Instructor: Xu  
 Instructor: Dan



## Thursday

10:00-11:00 AM  
 6:00-7:00 PM (Lg. Gym)  
 7:00-8:00 PM

Gentle Sculpt  
 Punk Rope  
 Boot Camp

Instructor: Matthew  
 Instructor: Matthew  
 Instructor: Jackie

## Friday

9:00-9:50 AM (Pool)  
 6:00-7:00 PM (Lg. Gym)  
 6:15-7:15 PM (Boxing Gym)

Water Aerobics  
 Cardio Kickboxing  
 Women's Boxing Class

Instructor: Ann  
 Instructor: Matthew  
 Instructor: Dan



## Saturday

9:00-9:45 AM (Lg. Gym) Beginner Boot Camp

Instructor: Xu

**New Class!**  
**Beginner Boxing (Boxing Gym)**  
 Tuesday – Friday at 1:00 – 1:30 and 4:00 – 4:30 PM Instructor: Matthew

Substitutions and cancellations will be posted on the studio door.



## Cambridge Family YMCA Fitness Class Descriptions

**Beginner Boot Camp** – A slightly less intense but still challenging alternative or supplement to Boot Camp. The exercises performed in class are difficult and will engage everything from your neuromuscular system to your actual muscles but in a format that allows for stretching and recuperation between movements.

**Beginner Boxing** – For those interested in learning about the sweet science while getting a great muscular and cardiovascular workout. Learn how to pound the heavy bag and get a rhythm out of the speed bag as well as proper punching and footwork technique. Contact sparring is optional.

**Boot Camp** – Boot Camp is a high intensity session designed to not only burn calories but to burn your arms, thighs, butt and abs down to a stronger more toned physique. It is difficult, it is challenging, but it works!

**Cardio Kickboxing** – Matthew brings years of martial arts experience to his fitness education which has made his Cardio Kickboxing class a success. This class isn't simply a series of repetitive risky movements. There is a strong focus on technique and application.

**Gentle Sculpt** – The Gentle Sculpt class is an exciting group class ideal for seniors or beginner level participants that allows those interested in mild to moderate level resistance training to be lead through a variety of different exercises by a personal trainer in a comfortable, open environment.

**Punk Rope** – A high energy, fun, fitness class, which playfully combines rope jumping with a wide variety of creative conditioning drills. No rope jumping ability is necessary and ropes are provided.

**Step & Tone** – This class uses the step, free weights, bands, and Body Bars for a complete and challenging strength training workout. This is a total body workout using multiple muscles and joints to simultaneously tone and burn more calories.

**Water Aerobics** – With exercises inspired by Pilates, yoga, tai chi, kickboxing, and ballet, this class is designed to increase aerobic fitness, muscular strength, endurance, and flexibility. Equipment provided.

**Women's Boxing Class** - KO your love handles with the cardio you get from training like a boxer in this instructional boxing workout. All levels are welcome.