



# 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 Dance Studio unless otherwise noted

## Monday

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

Water Aerobics  
 Step & Tone

Instructor: Ann  
 Instructor: Michaela

## Tuesday

6:30-7:30 AM (Lg. Gym)  
 10:00-11:00 AM  
 6:00-7:00 PM

Spinning  
 Gentle Sculpt  
 Boot Camp

Instructor: Lydia  
 Instructor: Matthew  
 Instructor: Matthew

## Wednesday

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

Water Aerobics  
 Cardio Kickboxing  
 Beginner Boot Camp

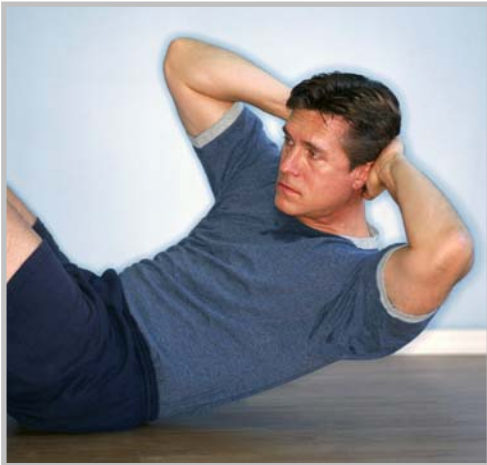
Instructor: Ann  
 Instructor: Matthew  
 Instructor: Xu

## Thursday

6:30-7:30 AM (Lg. Gym)  
 10:00-11:00 AM  
 6:00-7:00 PM (Lg. Gym)  
 7:00-8:00 PM

Spinning  
 Gentle Sculpt  
 Punk Rope  
 Boot Camp

Instructor: Lydia  
 Instructor: Matthew  
 Instructor: Matthew  
 Instructor: Xu



## Friday

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

Water Aerobics  
 Cardio Kickboxing

Instructor: Ann  
 Instructor: Matthew

## Saturday

8:30-9:30 AM (Lg. Gym)  
 10:00-11:00 AM

Spinning  
 Beginner Boot Camp

Instructor: Beth  
 Instructor: Xu



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.

**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** – Michaela's sculpting 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.

**Spinning** – Spinning is a continuous cycling workout that will challenge you and keep you motivated. Spinning burns serious calories, but is adaptable to the need of people of all fitness levels. \*\*No registration required. Class size is limited. Pick up a ticket at the front desk up to an hour before your class.

**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.