



YMCA
We build strong kids, strong families, strong communities.

STATE EMPLOYEE'S AEROBIC EXERCISE CLASS SCHEDULE TRUMAN BUILDING

State employees have the opportunity to take advantage of aerobic group exercise classes at the Truman Building. Class sizes are limited, so sign up early! Sign ups will now be done on a monthly basis:

12:05-12:45	Monday	Tuesday	Wednesday	Thursday	Friday
Room 103	"Aerobic Mix" Monica	"Ab Class" Charlene	"Muscles N Motion" Claudia	"Kickbox" Charlene	"Stability Ball" Claudia

Fee:

Y-Member **FREE!**
Non-Member \$30/month

HOW DO I REGISTER TO PARTICIPATE IN STATE AEROBIC EXERCISE

1. register on-line at www.jcymca.org or
2. stop in (Firley Facility-Ellis Blvd.) and register in person or
3. phone in registration with credit card (761-9000)

You can sign up for multiple months at a time.

- **non-member:** total amount due at registration
- **members:** Cash, Check, Credit Card, or Annual Bank Draft

If minimum registrant #'s are not accomplished, the Truman Bldg. may have days eliminated from the above schedule. If class is full when you attempt to register, you may be allowed to participate day-to-day if space is available. Present **\$3.50** to the instructor prior to class and sign the roster sheet..

Class Participants with special health related concerns should inform the instructor prior to the beginning of class. This allows the instructor to be informed of their participants and offer modifications when appropriate. With participation, you are declaring yourself to be physically sound and suffering of no condition or illness that would prevent such participation in the class.

Aerobic Class Description

AB CLASS: This class will target your abdominal region, your lower back, and your glutes. Floor exercises specific to these areas of the body will be combined with a thorough deep stretching routine to help flatten your stomach and improve your overall posture and flexibility.

AEROBIC MIX: A refreshing mix of high and low intensity aerobics that is great for beginners as well as those who are more experienced. We start with an upbeat warm up and then increase the intensity with 20 minutes of medium to high intensity aerobics. Modifications will be shown to allow participants to workout at their own level. A generous cool down, with strength training and stretching will conclude the class. Participants are encouraged to bring weights, as they will be utilized during the strengthening session of the class.

KICKBOX: Challenging class with a combination of boxing and martial art movements. Great for both cardiovascular and muscular conditioning.

MUSCLES N' MOTION: A strengthening and muscle toning class. Includes standing and lying down endurance and strength training. Hand weights encouraged.