



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAPE CORAL KIWANIS YMCA

ROOM # 1 SCHEDULE

Classes run in Monthly Sessions.	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A New Session begins the 1st Monday of each month.</p> <p>All participants must be 16 years old or older or accompanied by an adult.</p> <p>For liability and safety reasons, babies and young children are not permitted in the Group Exercise Room during classes.</p> <p>Child Watch will be available if there is a demand/need.</p> <p>Classes subject to change and/or cancellation due to lack of registration.</p>	8:45-9:45 am		Zumba <i>Annia</i>		Pilates <i>Annia</i>		Body Pump <i>Missy</i>
	9:15-10:15 am	20/20/20 <i>Missy</i>		Body Pump <i>Missy</i>			
	10:00-11:00 am		2-4-6-8 <i>Missy</i>		2-4-6-8 <i>Missy</i>		
	10:30-11:30 am	Yoga <i>Annia</i>			Yoga <i>Annia</i>	Yoga <i>Annia</i>	
	11:15-12:15 pm		Senior Renew & Restore <i>Missy</i>				
	12:00-1:00 pm					Ground Zero <i>Perry</i>	
	2:45-3:25 pm					Tot's Dance Class WAITING LIST* Age 2-4	
	3:30-4:10 pm					Ballet/Jazz WAITING LIST* Age 7-12	
	4:15-4:55 pm					Ballet / Tap Age 4-6	
	5:00-6:00 pm	Zumba <i>Maria</i>			Yoga <i>George</i>		
6:30-7:30 pm			Karate	Zumba <i>Annia</i>	Karate	Zumba <i>Maria</i>	

* Waiting List – Class requires more than 6 participants.

ROOM # 2 SCHEDULE

Leaders Club	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Date To Be Announced	2:00 – 5:30 pm	Teen Program	Teen Program	Teen Program	Teen Program	Teen Program	

Cape Coral Kiwanis YMCA
360 Santa Barbara Blvd.
Cape Coral, FL 33991
239-275-9622

Updated 1/12/2012



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Class Descriptions

2-4-6-8: This class will take your total-body through 2-4-6-8 minutes of interval training. The fastest, most-efficient, and functional way to get stronger AND burn more fat at the same time is to perform full-body exercises as part of your workout routine. Total-body exercises are compound movements meaning they require you to use more than one joint at a time, unlike isolated exercises, which target only one muscle at a time and require the use of only one joint.

20/20/20: this class is 20 minutes of step, 20 minutes of weight training, and 20 minutes of abdominal work and strength.

Body Pump: This 60 minute class uses barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning.

Ground Zero: The ultimate kickboxing class. Learn the proper way to throw punches and kicks in one powerful packed class.

Pilates: This low-intensity strength and stretch class is designed to tone your body and promote flexibility. Don't forget your bath-sized towel and mat for class.

Senior Renew & Restore: Uses weights and resistance bands to work on strength, flexibility and balance. Can be done standing or with the use of a chair.

20/20/20: This class is 20 minutes of step, 20 minutes of weight training, and 20 minutes of abdominal work and stretch.

Yoga: Increase your flexibility, balance, and muscular strength with the 5,000 year old practice. This complete mind and body class incorporates stretch and strength while learning about the body-mind-spirit connection. Don't forget your mat!

Zumba®: This class is a fusion of Latin and international music. The dance is themed to create a dynamic, exciting, and effective fitness system. Enjoy a mixture of body sculpting movements with easy to follow dance steps. The routines feature aerobic fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.