



**Memorial Day, 5/27,  
Facility Hours  
7:00am-6:00pm**

**\*\*Only morning classes  
will be held**

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

## Group Exercise Schedule: May 2013

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:15am	<b>BODYPUMP</b> Steve	<b>Boot Camp</b> Allison W	<b>BODYPUMP EXPRESS</b> <b>CXWORX™</b> 30 mins. each Mary	<b>BODYATTACK</b> Allison W	<b>CXWORX™</b> <b>BODY FLOW</b> 30 mins. each Deanna		*Please see reverse side for evening and Sunday classes.
7:30am						<b>CXWORX™</b> Mary	
8:00am	<b>ZUMBA FITNESS</b> Kimmy/ Terika  <b>*Power Yoga</b> Maria, KFC	<b>Body Sculpt</b> Mimi  <b>*Yoga</b> Shaye, KFC	<b>BODY FLOW</b>  Alicia KFC	<b>Body Sculpt</b> Cary	<b>*Yoga</b> Maria, KFC  <b>BODYPUMP EXPRESS</b> 30 mins. Alicia	<b>BODY STEP</b> Christy	
8:30am			<b>CXWORX™</b> Heather/Mimi		<b>CXWORX™</b> Cyndi	<b>*Power Yoga</b> LaMor, KFC	
9:00am	<b>BODYPUMP</b> Julie  <b>Pilates</b> Angela, KFC  <b>Boot Camp</b> Tina, GYM	<b>BODYATTACK</b> Allison/Tiffani  <b>Pilates</b> Cary, KFC	<b>BODY COMBAT</b> Tracy/Tiffani  <b>Boot Camp</b> Jill, GYM	<b>BODY STEP</b> Julie  <b>Pilates</b> Alicia, MP	<b>BODY COMBAT</b> Tracy/Jill	<b>BODYPUMP</b> Mary  <b>9:30-10:00</b> <b>CXWORX™</b> LaMor, KFC	
10:00am	<b>BODY STEP</b> Julie  <b>10:15-10:45</b> <b>CXWORX™</b> Alicia, KFC	<b>BODYPUMP</b> Alicia  <b>10:15-10:45</b> <b>CXWORX™</b> Cyndi, KFC	<b>Body Sculpt</b> Julie  <b>10:30</b> <b>*Tai Chi</b> Gerald, MP	<b>BODYPUMP</b> Julie  <b>10:05-11:00</b> <b>LineDancing</b> Joyce/Corinne MP	<b>Body Sculpt</b> Nanci  <b>*Tai Chi</b> Gerald, MP 1 hour, 15mins	<b>BODY COMBAT</b> Linda	
11:00am	<b>BODYPUMP</b> Heather  <b>BODY FLOW</b> Alicia, KFC	<b>* ZUMBA FITNESS</b> Corinne	<b>BODY FLOW</b> Alicia, KFC	<b>* ZUMBA FITNESS</b> Corinne	<b>11:05-12:05</b> <b>ZUMBA FITNESS GOLD</b> Corinne	<b>* ZUMBA FITNESS</b> OJ 90 mins.	

**Campo Family YMCA**

GYM—Basketball gym KFC—Kids' Fitness Center  
\*All classes are 1 hour unless otherwise specified

MP- Multi-purpose room



**FOR YOUTH DEVELOPMENT  
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Time	Mon	Tues	Wed	Thurs	Fri
4:00pm	<b>BodySculpt CXWORX</b> 30 mins each Mimi	<b>BODY COMBAT</b> Jill	<b>Boot Camp</b> Jill	<b>BODY COMBAT</b> Fred	<b>BODYPUMP</b> Deanna
5:00pm	<b>LES MILLS BODYATTACK</b> Kelli	<b>LES MILLS BODYPUMP EXPRESS</b> <b>CXWORX</b> 30 mins. each Linda	<b>Pilates</b> Linda	<b>BODYPUMP</b> * Cindy	<b>ZUMBA FITNESS</b> OJ
6:00pm	<b>BODYPUMP</b> Kathy	<b>BODY STEP</b> Christy  <b>BODY FLOW</b> Deanna, KFC 50mins.	<b>LES MILLS BODYPUMP EXPRESS</b> <b>CXWORX</b> 30 mins. each Kathy	<b>LES MILLS BODYATTACK</b> Tiff, 30 mins  <b>6:30-7:00</b> <b>CXWORX</b> Tiff	* <b>BODY FLOW</b> LaMor
7:00pm	<b>BODY COMBAT</b> Allison  <b>Pilates</b> Angela KFC	<b>BODYPUMP</b> Deanna	* <b>ZUMBA FITNESS</b> Eve	<b>BODY COMBAT</b> Allison/Tiff  * <b>Belly dance</b> Karen, KFC	
8:05pm	* <b>Yoga</b> LaMor		* <b>BODY FLOW</b> Deanna/Eve	* <b>Yoga</b> LaMor	

Sunday
<b>1:00pm</b> <b>BODY COMBAT</b> Allison A
<b>2:00pm</b> <b>BODYPUMP</b> Linda
<b>3:00pm</b> <b>BODY STEP</b> Christy
<b>4:00</b> -
<b>CXWORX</b>
<b>4:30pm</b> <b>BODY FLOW</b> LaMor

**Level 1 (L1):** No Group Ex experience. All levels welcome  
**Level 2 (L2):** Some Group Ex experience helpful  
**Level 3 (L3):** For experienced Group Ex participants  
**Level 4 (L4):** Family Friendly classes\*, Ages 10-12 welcome with parent.

All classes 1 hour in length, unless otherwise noted.

**Family Friendly Class: Youth ages 10-12 may attend with an adult present. Orientation classes are provided prior to attending.** Members from ages 13-18 may attend all classes upon completion of the Youth Orientation class. See the Welcome Center to enroll.

**Campo Family YMCA Class Descriptions**

- Body Attack** is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music will motivate you towards your fitness goals. L1-3
- BodyCombat** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness. L1-3
- BodyFlow\*** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony. L1-4
- BodyPump** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like lunges, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results fast! L1-3
- BodyStep** is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step, you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning L1-3
- Body Sculpt** is a weight resistance training class that can help you shape your upper & lower body using dumbbells, exer-tubes and resist a-balls. L1-3
- Boot camp** Need we say more? All over intense workout. L1-3
- Pilates** is a body conditioning method which strengthens and stretches the entire body. The focus will be on the core of the body (back and abdominal muscles) and lower body workout. L1-4
- STEP** is a freestyle cardio workout utilizing the step to tone and work the legs. Get your arms pumping to the great music, and you have a total body workout! L1-3
- Tai Chi\*** offers balance of mind and body, strength and flexibility, grace and agility through slow and controlled moves. L1-4
- Yoga\*** classes emphasize breathing, flexibility, strength and core conditioning along with relaxation and stress release. Meditation and quiet time may be available approximately 15 minutes prior to class. Please respect this time as you enter the room to set up for class. Thank you! L1-4
- Power Yoga\***-Come experience your favorite yoga postures linked together using breath and motion to challenge your mind and body. A great way to take your Yoga practice to the next level. L2-4
- ZUMBA\*** is the newest Latin-based dance workout. Easy to follow choreography that accommodates all fitness levels. A real cardio and spirit booster! L1-4
- ZUMBA\* Gold-** Total body workout designed for the Young at Heart set- and those who want to take it a little slower! Fun and easy dance workout L-1
- Bellydance** - A low impact cardio workout that tones and conditions the body. A variety of basic steps are combined into a fun dance fitness class. L1-4
- CXWORX**-This **30-min program** is the ultimate way to get a tight and toned core, honing in on your abs, glutes, back, obliques & "slings", connecting upper & lower body. This workout will leave you looking good and feeling strong! L2-3
- Sh'bam**-Set to chart-topping, popular hits and featuring simple but seriously hot dance moves, SH'BAM is the perfect dance class to shape up and let out your inner star! L1-4

**Campo Family YMCA**

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