



Concord Family YMCA

Try a new class!!!

Group Exercise class additions for the new year!!!!

Zumba on Tues from 10-11 am and on Thurs. Join Becca for this fun filled class. This begins Tues 1/12/10 and is free to members.

Noon Women on Weights Class. This class is for women who are beginner to intermediates and want to learn more about free weight & feel comfortable in the room. Members work at their own pace in a group setting and finish with some ab work and stretching.

The Class will be M/W from 12-1 beginning 1/11/10.

A minimum of 3 members and a max of 9 members per class.

Class Fee: \$35 for Y Members & \$50 for Program Members.

Hoop class – Are you bored with the same old exercise routine? If so, the newest fitness trend may give you something to dance about, or twist might be a better word. Remember the hula-hoop which was once a popular childhood toy? It has made reappearance and is now helping to burn calories and shed unwanted fat in the adult population through trendy hula hooping classes that are being offered nationwide.

While hooping may sound like fun and games, it's a workout. Hooping classes can burn up to 100 calories in ten minutes of twisting, roughly equivalent to running at a moderate pace. The advantage to the hoop class is that it's a lot more fun. The other advantage to hula hooping classes is they give your abdominal core a workout. The importance of working the abdominal core has been emphasized recently since these are the muscles used in most everyday activities such as lifting and can help reduce the incidence of back pain and injury.

If you don't remember the hula hoop from childhood, you're in for a treat. Although spinning the hoop around your mid-section sounds simple, it can take some practice to get the movement right.

The class will be Fridays from 10-11.

Stop by and give it a try!

Class max 9. The class is free to members. Class starts 1/15/10

Indoor cycling –
correction to the printed schedule.

Free for members

The correct schedule in the evening is Monday – Thursday

Join Chris Monday 5:15 – 6:00 pm

Join Heather T & TH 5:15 – 6:00 pm

Join Bethany Wednesday 5:15 – 6:00 pm

NEW CLASSES FOR 2010

