

GROUP EXERCISE – FREE FOR MEMBERS

FOR HEALTHY LIVING – Improving the nation's health and well-being

AEROBICS

Traditional aerobic class focusing on cardiovascular endurance, strength conditioning and flexibility. This class can be performed at either high or low impact or a combination of both. This class is held in the Big Gym.

Members FREE

Program Members: \$82

HEAT (High Energy Aerobic Training)

This cardio mix class will appeal to all fitness levels. The instructors guarantee you will have fun. A great overall workout through a combination of floor aerobics, hand weights, kick boxing, body sculpting, jump roping and dynabands. This class is held in the Big Gym.

Members FREE

Program Members: \$82

BALLS, BANDS & WEIGHTS

Increase your strength and flexibility with various fitness equipment. You progress at your own rate so beginners and advanced can be in the same class. Focus on specific areas, arms, hips and abs. This class is held in the Group Exercise Studio.

Members FREE

Program Members: \$82

POWER MAX

Join this class for a great workout with new and different fitness activities each session. This class is for men and women who want to Kick-It-Up-A-Notch. This class is held in the Group Exercise Studio.

Members FREE

Program Members: \$82

Check out the current group exercise schedule for class location, times and days.

Visit our website for new class information.

Current class schedules are also available on our website.
concordymca.org

BOOT CAMP –

An exciting total-body strength and conditioning program designed to meet the needs of any individual – from novice to the ultra fit. From hot trends such as plyometrics, functional training, and pilates, to old-school calisthenics. Boot Camp promises to give you the challenging and effective workout you have been training for.

Members FREE • Program Members: \$82

ACTIVE OLDER ADULTS

AQUA-MIX

A high intensity water fitness program focused on providing a unique workout by utilizing exercises from various disciplines. This class will be comprised of kickboxing moves, aerobic exercises, interval work, strength training and a 10 minute cool down. All areas of the pool are used so participants must be comfortable in deep and shallow water. This class is geared toward active adults seeking a diverse and intense water-aerobic workout.

Members FREE

Program Members: \$82

NEW!!! SPLASH DANCE

Dance inspired water fitness using easy to follow movements incorporating free style, Latin, club and belly dancing movements for a fun water aerobic workout.

FRIDAY 10-10:45AM

Members FREE • Program Members: \$82

WATER WALKING

An intense deep water workout with no impact to muscles or joints. You'll build strength and endurance through 30 minute interval training plus stretching and toning. Participants must be comfortable in deep water.

Members FREE

Program Members: \$82

WATERWORKS

Class consists of a steady aerobic segment followed by deep water exercise for endurance and muscle toning through water resistance. Participants should be comfortable in deep water.

Members FREE

Program Members: \$82

SILVER SNEAKERS ®

An exciting new program designed for seniors just beginning to exercise or at an intermediate level. Join us for fun, friendship and fitness.

Members FREE

Program Members: \$82

YOGA

Develop strength, balance and flexibility through this powerful flowing Yoga routine based on the Ashtanga System of Yoga. The Yoga postures are linked together by connective momentum. Come experience a dynamic, energizing and fun Yoga class.

Members FREE • Program Members: \$82



~ Investing in tomorrow today. ~

At Lincoln Financial Group, we believe in helping people face their futures with confidence. Which is why we established the Lincoln Financial Foundation: To support the hopes and dreams of Concord by providing the tools and resources it needs to lay the foundation for a better tomorrow.



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FINANCIAL AID IS AVAILABLE.

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