

# Spring 2008 Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Time</b> 12:15pm-12:45pm	Tai-Chi (Gold Room)  Step Aerobics (March 31)	Toning	Tai-Chi (Gold Room)  Core Stability	Toning	Step Aerobics (March 31)
<b>After Work</b> 4:45pm-5:45pm	Yoga (Gold Room)  Boot Camp		Yoga (Gold Room)  Boot Camp		

## Class Description

**Core Stability** this class incorporates the stability ball to strengthen the lower back and abdominals, aka your core.

Instructor Jenine Finarelli from WB YMCA.

**Fitness Boot Camp** is a twice a week, one-hour moderate intensity program that will focus on strength improvement, muscular endurance, flexibility and moderate cardio fitness. Instructor is Bill Ramsey, Army Master Fitness Trainer, King's College ROTC.

**Step Aerobics** for the new to advanced stepper. Intensity level is determined by speed, travel and execution of movement. Instructor is From the Wilkes-Barre Family YMCA.

**Tai Chi** slow flowing motion, done in standing position, and will help lower blood pressure, cholesterol, improve balance and immunity, all in just 30 minutes. Instructor is Diane Hoover, from the Wilkes-Barre Family YMCA.

**Toning** a total body strengthening class targeting arms, shoulders, back, legs and abs using a variety of resistance equipment, in 30 short minutes. Instructor is Joan Angeli from the Wilkes-Barre Family YMCA.

**Yoga** \* one hour class coordinates movement with breathing, building strength & increasing flexibility. Taught by Anne Bramblett; Certified Yoga Instructor.

\*This class runs monthly

## Pricing

Eight Week Session  
(March 10 to May 2)

Core Stability \$10

Toning \$25

Tai Chi \$25

Step Aerobics \$25

Boot Camp \$20

## Yoga

1 class per week \$30/month  
2 classes per week \$45/month

Yoga is monthly and NOT included in discounted package pricing.

## Packages

**Package #1** Take TWO fitness classes and receive a \$5.00 discount off the eight week session

**Package #2** Take THREE fitness classes and receive a \$10.00 discount off the eight week session

**Package #3** Take FOUR fitness classes and receive a \$15.00 discount off the eight week session

