

YMCA OF BURLINGTON COUNTY – MOUNT LAUREL

	CLASS	DAY	TIME	FULL	PRGRM
16 and Older	Body Chisel and Mind - downstairs studio   Sculpt using weights, bands, balls, and bars followed by stretch and meditation.	Tu/Th	8:35am	ALL GROUP EXERCISE CLASSES NOW FREE FOR FACILITY MEMBERS!	\$120
	Boxing - downstairs studio  Learn basic boxing punches and foot work.	Sun	11:45am		\$54
	Boxing Boot Camp - downstairs studio   Rough it out! Challenges your strength and endurance.	Fri	10:10am		\$60
	Cardio/Abs - downstairs studio  Kickstart your day with 30-40 mins of cardio and 20 mins of abs.	Fri	6:15am		\$60
	Cardio Drills/Resistance Training - downstairs studio   Calorie blasting, toning, and trimming with abs in one 75 min class.	M/W	9:45am		\$160
	*Dance Low Impact - downstairs studio   Dance your way to a healthier you. Great for all ages.	M/W	11:15am		\$160
	Intro to Pilates - upstairs studio   Familiarize yourself with pilates breathing, form, and core training.	Tu/Th	9:00am		\$120
	Low Impact - downstairs studio  High intensity workout with low impact to your joints.	Tu/Th	10:00am		\$120
	*Low Impact and Balance - downstairs studio  Sweat it out with low impact aerobics to work on better balance.	Tu/Th	7:35am		\$120
	Meditation and Relax Yoga - upstairs studio  Bring peace to your mind and body. Relax and enjoy inner freedom.	Thurs	7:15pm		\$60
	Ring Pilates - upstairs studio (prerequisite: intro to pilates)   Develop body awareness and build long, lean muscles. Work with the ring.	Tu/Th	10:00am		\$120
	Step and Sculpt Aerobics - downstairs studio   High intensity step class followed by toning and stretching.	M/W	6:15am		\$120
		M/W	8:35am		\$120
		Sat	8:15am		\$54
	Step Interval - downstairs studio  last class aug 18th Alternating step and upper body workouts.	M/W	5:45pm		\$108
	*Strength and Stretch - downstairs studio   Strengthen, trim, and tighten. For all fitness levels.	Tu/Th	12:00pm		\$120
		M/W/F	7:35am		\$180
	*Stretch Yoga - downstairs studio  Easy, gentle stretching. Loosen those tight areas of the body.	Tu/Th	1:00pm		\$120
Interval Strength - downstairs studio   Jump-start your body with low impact exercise combined with strength training.	Tu/Th	6:30am	\$120		
Aikido Self Defense Martial Arts - upstairs studio  Learn self defense tactics. Great for the whole family.	Wed	7:15pm	\$60		
Zumba - downstairs  Latin rhythms with easy to follow moves	Thurs	7:00pm	\$60		
	Fri	11:15am			

<p>Key Focus</p> <p> Cardio</p> <p> Flexibility</p> <p> Strength</p>	<p>LIVESTRONG™ at the YMCA</p> <p>A PROGRAM OF THE YMCA AND THE LANCE ARMSTRONG FOUNDATION</p> 	<p>*Taught by an instructor that can tailor the class to suit cancer survivor needs.</p>
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		CLASS	DAY	TIME	FULL	PRGRM
Family Friendly Classes 12-14 years accompanied by adult		20/20/20 - downstairs studio ast class aug 18th 20 minutes low impact, 20 minutes step, and 20 minutes chisel.	M/W	6:55pm	ALL GROUP EXERCISE CLASSES FREE TO FULL FACILITY	\$108
		Abs - gym (left side) Trim and strengthen abdominals. Great for back support and that 6 pack look.	Sat	9:30am		\$45
		Abs Plus - downstairs studio Trim and Strengthen your abs. Tighten butts, hips, and thighs.	Thurs	7:00pm		\$50
		Chisel - downstairs studio Sculpt and tone using weights, bands, balls, and bars.	Tu/Th	6:00pm		\$120
			Sat	9:30am		\$54
		Family Boot Camp - downstairs studio Bring your family to this fun class.	Sun	10:30am		\$54
		*Intro to Yoga - upstairs studio Familiarize yourself with basic Yoga poses.	Mon	5:30pm		\$54
		Kickboxing - downstairs studio A complete aerobic workout with martial arts movement.	Mon	8:00pm		\$60
		Pilates - downstairs studio Teaches body awareness and builds long, lean muscles.	Sat	10:30am		\$54
		Stretch It Out - Fri Downstairs 1hr Stretch out sore and overworked thigh muscles	Fri	6:30pm		\$60
		Morning Stretch - Sat - Upstairs 30 Mins - stretch out before you workout and start your day out right.	Sat upstairs	9:00am 30min		\$45
		Trim - downstairs studio Trim fat and tighten muscles in your arms, legs, and abs.	Tu/Th	4:20pm		\$120
		Yoga - upstairs studio (prerequisite: intro to yoga) Mind-Body Balance. Strengthen weak muscles and stretch tight ones.	*Mon	6:30pm		\$54
			Wed	5:30pm		\$60
	*Fri		8:35am	\$60		
	Latin Groove - downstairs studio Get your heart rate moving with 4 sexy latin style dances.	Fri	4:30pm	\$60		
Senior Classes	*Silver Sneakers - downstairs studio Aerobic exercises. Improve strength, balance, and flexibility in a chair or standing up.	M/W	1:30pm	\$120		
	*Silver Sneakers II - downstairs studio A more advanced version of SilverSneakers.	M/W/F	12:20pm	\$180		
Livestrong at the Y	*Livestrong at the YMCA - Upstairs Studio- Exercise Classes (ML Branch) Small Group class for cancer survivors. Trained Instructors teach the fundamentals of fitness after cancer including how to exercise, stretch and strengthen your muscles safely and effectively. (First 8 Weeks free- call for details)	Tu/Th	1:00pm	\$120		
		Tu/ Thu	6:30pm / 6:00pm			

Key Focus

- Cardio
- Flexibility
- Strength

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