

GROUP EXERCISE

Gluco-Fit Club Classes

**CLASSES ARE FREE;
COME IN & JOIN US!**

7/23/10

| STUDIO C | MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------------|-------------------------------|-------------------------------|--|-------------------------------|------------------------------|------------------------------|-----|
| 8:30-9:15am | | | | | | | |
| 9:15-10:00am | | Circuit Training (Lindsay) | Circuit Training (Lindsay) | Circuit Training (Lindsay) | | Circuit Training (Josh P) | |
| 10:45-11:30am | | | Dry Land Swim Team Training (Josh C) | | | | |
| 5:30-6:15pm | Circuit Training (Vanessa) | | | | Circuit Training (Josh P) | | |
| 6:30-7:15pm | | | Circuit Training (Cindi) | | | | |

CLASS DESCRIPTIONS:

Circuit Training – this is a 32 minute circuit class including both strength training & aerobic conditioning all wrapped up into one. You will use the resistance equipment with intervals of active recovery cardio stations making for a heart pounding & fun class. Great for all ages & levels since you control the exertion rate.

Dry Land Swim Team Training – this class is a closed class & is reserved only for our swim team.

If you or someone you know is a diabetic they could get a YMCA Membership for FREE!

Join the Gluco-Fit Club and receive:

- **FREE YMCA Membership**
- **Personal Trainer to help you manage your diabetes**
- **Diet & Nutrition information by certified experts**



YMCA of Orange County

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For more information contact:

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