

The **YMCA** is More Than You Think!

- Preschool Programs
- Youth/Adult Sports
- Aquatics
- Summer Day Camp

The YMCA of Orange County is a non-profit, charitable organization that serves the entire community. Donations support our scholarship program and **Our Promise** – To strive to keep programs open for all.

 **YMCA of Orange County**
We build strong kids, strong families, strong communities.

It's All About You!

North Orange County Family YMCA
FITNESS STUDIO



North Orange County Family YMCA FITNESS STUDIO

It's All About You!

Classes

Adult

- **Cardio Kick** - A high intensity class that combines Cardio Kickboxing, Hi/Low impact aerobics, strength training, and abdominal work.
- **Combat Blast** - Packed with high intensity cardio intervals along with strength training to tone every muscle.
- **Pilates** - Based on Stott Pilates repertoire of basic and intermediate mat work.
- **Pi/Yo™** - A combination of Pilates and Yoga which will increase strength, flexibility, and endurance. A perfect balance of formats to enhance the mind/body experience.
- **Step Aerobics** - A low to mid impact class using an elevated platform (step).
- **TRX® Training** - A group training class which incorporates cardiovascular exercises with TRX® strength training. TRX® is a body suspension, strength training apparatus that is the new trend in fitness.
- **Yoga** - Classic yoga set at a slower, less intense pace. Class is for beginners, those with physical limitations, and those of us that just need to slow down.
- **Zumba™** - A very dynamic and exciting class full of Latin and exotic music flavors! It targets areas such as glutes, legs, arms, abs, and the most important muscle of the body, the heart.

Youth/Teen

- **Yoga** - Classic yoga set at a slower, less intense pace. Class is for beginners, those with physical limitations, and those of us that just need to slow down.

Senior

- **Chair Yoga** - A Yoga class for seniors. Yoga poses that are performed while seated in a chair for a flexible and strong body; breathing exercises for increasing stamina and mind exercises to increase concentration and inner peace.

* Classes are subject to change and cancellation due to enrollment.



Fitness Studio Rates

Two day a week classes

- **Program Member Rate** - \$112 per session
Save \$60 by signing up/paying for 1 year for \$500
- **Facility Member Rate** - \$56 per session
Save \$60 by signing up/paying for 1 year for \$220

Three day a week classes

- **Program Member Rate** - \$168 per session
Save \$60 by signing up/paying for 1 year for \$780
- **Facility Member Rate** - \$84 per session
Save \$60 by signing up/paying for 1 year for \$360

Kids Zone

- **1 class** - \$50 per session (up to 3 kids)
- **2 classes** - \$75 per session (up to 3 kids)

Schedule

Mon/Wed/Fri

- **8am - 9am** - Step Aerobics
- **9:15am - 10:15am** - Pi/Yo™
- **10:30am - 11:30am** - TRX® Training

Mon/Wed

- **5:45am - 6:45am** - Zumba™

Tues/Thurs/Sat

- **8:15am - 9:15am** - Pilates
- **9:30am - 10:30am** - Zumba™

Tues/Thurs

- **7am - 8am** - Combat Blast
- **10:45am - 11:45am** - Yoga
- **12pm - 1pm** - Chair Yoga
- **4pm - 5pm** - Teen Yoga (Ages 12-16)
- **5:15pm - 6:15pm** - Yoga
- **6:30pm - 7:30pm** - Cardio Kick

NO CONTRACTS!

Open for Tours
Mon-Sat 11am to 2pm
(714) 879-9622

