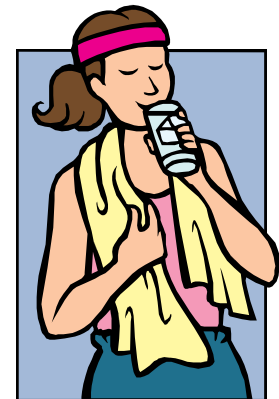


# Circuit Classes

## Glenwood YMCA

Winter 2012



[www.ymcaerie.org](http://www.ymcaerie.org)

Facebook Fans:  
Glenwood Park  
Family YMCA

(814)868-0867

## **BASIC & BRIEF BEGINNER**

**Who:** Adult YMCA members

**What:** An hour long circuit style class that includes the basics of a cardiovascular workout as well as resistance training for major muscle groups.

**When:**

M & W @ 11 AM & 5:30 PM  
T & TH @ 9:30 & 11 AM  
AND 1 PM

**Where:** Located in the Comfort Zone in the Lower Level Fitness Center.

## **BASIC & BRIEF ADVANCED**

**Who:** Adult YMCA members who need more than Beginner Basic and Brief.

**What:** Self directed cardio with multiple sets under guidance of trained staff.

**When:**

M & W: 9:30 AM

**Where:** Located in the Comfort Zone in the Lower Level Fitness Center.

## **FAMILY FITNESS**

**Who:** Families with youth 9 years of age and older

**What:** An hour long circuit style class including cardio and resistance training.

**When:** T/TH @ 6:00 PM

**Where:** Comfort Zone

**Please register at the membership desk for Family Fitness.**