

BASIC & BRIEF

In today's fast paced world, some people are looking for a way to start the exercise habit while others want to add strength training, alleviate boredom or make their workouts more effective and time efficient.

Circuit training is the answer!

With circuit training, users quickly alternate between strength and cardiovascular exercises, keeping their heart rates elevated and sustained above a resting level throughout their workout.

Everyone can benefit from doing a complete, total body workout. From those new to exercise to routine exercisers, from youth to older adults, as well as the time-challenged.

These classes are held in the Basic & Brief room just off of our Lower Level Fitness Center.

It's a smaller more secluded area that includes exercise bikes, recumbent elliptical trainers, treadmill, and simple to use strength equipment.

Basic & Brief This class utilizes strength and cardio machines to give you a total body workout. You'll learn what machines work what muscle groups.

Basic & Brief Strength This class utilizes just the strength machines. Feel free to add cardio on your own.

Curvy Girls Are you a woman who finds exercise nerve-wracking, intimidating, or even daunting? Then this *WOMEN ONLY* class is for you! Experience how exercise can be supportive and even fun!

Families Get Active Bring the whole gang and workout together in a family friendly atmosphere. This class is an excellent way to start developing healthy habits for life! Caregiver & Child 8+

*Wellness for Life Strength & Courage

Registration is required & is available to cancer patients, survivors & a caregiver.

This class aims to preserve muscle tone and joint motion, combat treatment related side effects, increase energy & self-confidence. Strength & Courage will incorporate a little of everything!

Contact Robin Adams @ 868-0867 ext. 245 or radams@ymcaerie.org for more information.

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LET'S GET STARTED



CIRCUIT TRAINING BEGINNER LEVEL CLASSES

www.ymcaerie.org

