



AEROBICS CLASS DESCRIPTIONS

TOTAL TONE

A one-hour class of aerobic exercises incorporating abdominal exercises, the stability ball and floor exercises. This class also includes the use of 3, 5, 8 and 10-pound weights. Class content may vary by instructor.

STEP

A one-hour class including the use of 4, 6 and 8-inch platforms for step exercises. The toning exercises include the use of a variety of weights, the stability ball and floor exercises. Class content may vary by instructor.

MUSCLE

A one-hour class using 3, 5, 8 and 10-pound weights, toning exercises and the stability ball. Class content may vary by instructor.

ANYTHING GOES

A one-hour that features a high-intensity workout that pushes you to your limit. Small class size is great for virtually one on one instructions. Class content varies from class to class.

CARDIO-SALSA, CADIO-TONE, KICKIN' CARDIO

One-hour beginning aerobic classes featuring aerobic moves, kicking, dance, and basic cardio. These classes are great for all levels and offer stretching at least 10 minutes of stretching and toning. Class content varies by instructor and class.

BOOT CAMP

Stale workouts revitalized with this high intensity workout. Exercises range from weightlifting, circuit plyometrics, athletic conditioning and agility drills along with Pilates-inspired core work. A 30minute workout progressing to one full hour in the future.

PARENTS' PHYS. ED.

Come join us for 30minutes of playtime (i.e. kickball, volleyball, obstacle courses) in a non-competitive environment followed by another 30minutes of toning and stretching. Great for stay-at-home moms and dads as there will be a SEPARATE supervised children's activity room available for 1\$/child (NO FOOD ALLOWED in children's room and there will be NO DIAPERING). Run by Amy Duncan and Heather Stewart.

Reservations are not required for aerobics classes at Kids America. No signup is necessary. If you need assistance finding space or equipment, please see a class instructor. "Make Yourself at Home" should be the motto for all attendees including newcomers to class. Weights and mats in the aerobics area are available on a "first come first serve" basis.

