



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Fitness Schedule

FERNDALE ACTIVITY CENTER

January 2012

Time	Monday	Tuesday	Wednesday	Thursday
9:35 a.m. - 10:45 a.m.	Cardio Intervals Stacy 9:40-10:40am	Muscle Building Essentials* Rayna	Cardio Intervals* Elana	Muscle Building Essentials* Elana
10:15 a.m. - 11:15 a.m.	Basic Yoga Lo (multipurpose room)			
5:30 p.m. - 6:15 p.m.				Sports Circuit Courtney
6:00 p.m. - 7:15 p.m.		Vinyasa Yoga Holly (multipurpose room)		Vinyasa Yoga Holly (multipurpose room)
7:30 p.m. - 8:30 p.m.	Kickboxing Tracey (multipurpose room)			
7:30 p.m. - 9:00 p.m.			Cycle Circuit Courtney	

All classes in the Ferndale YMCA Gym, unless otherwise noted.

* Drop-in Care for Kids available

** All Cycling Classes are limited to 8 participants. First come, first serve. Class participants may reserve their bike by signing up or calling the Ferndale Activity Center, 360-380-4911, the day of the class.

Drop-in Care for Kids

Kids, ages 2-6, can play games, tumble and have fun in the Ferndale Multipurpose room while parents workout in the weight room, racquetball courts or group fitness classes. Playtime is from **9:30-11:00am, Tuesday, Wednesday and Thursday** and is \$3.00 per child (punch cards are available).

Whatcom Family YMCA Ferndale Activity Center

5610 Barrett Road, Ferndale, WA 98248
360 380 4911 www.whatcomymca.org

Fitness Class Descriptions

FERNDALE ACTIVITY CENTER

Basic Yoga

A class designed to focus on stretching, strengthening, breathing and relaxing using Yin (gentle) and Ashtanga (vigorous) yoga styles.

Cardio Intervals

A great cardiovascular calorie burning workout developed for all levels of fitness. Varying drills between intervals will allow the heart rate to climb up and then come back down.

Cycle Circuit

An exciting boot camp style class based on circuit training principles. Circuits will include cycling, strength, core and cardio components. All levels welcome!

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Kickboxing

This heavy bag workout will utilize basic martial arts moves to build cardiovascular and muscular strength. **Participants must bring their own boxing gloves/wraps.** Class size is limited to 10 participants.

Muscle Building Essentials

Increase your muscle strength and endurance with this great class for all levels of fitness. Class will incorporate varying exercises for both upper and lower body while utilizing a variety of equipment to challenge your muscles.

Sports Circuit

A fast-paced workout using a variety of endurance, power, ability and strength training moves. This class will involve high intensity intervals using a variety of equipment and a strong emphasis will be placed on core strengthening.

Vinyasa Yoga

Designed to improve dynamic mobility & allow you to learn simple flowing yoga. This class can increase your flexibility and strength.