

# KILLARNEY AEROBIC SCHEDULE

## Spring Schedule: April 1 – June 30, 2012

*KCCS membership required*

Step Classes: limited steps available, come early to ensure a spot

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Dance <b>BOOGIE</b> 9:15-10:30am Sandra	Cardio & Strength 9:15-10:15am Colleen	Step 9:15-10:30am Betty-Lynn	Dance <b>BOOGIE</b> 9:15-10:30am Sandra	Dance Step 9:15-10:40am Sandra	Step 'n' Strength 9:15-10:15am Angela	Group Body Sculpt 9:00-10:00am Tova
	Boomer Ball 10:30-11:30am Diane	Zumba 10:40-11:40am Betty-Lynn		<p><i>To reduce class interruption: Please arrive on time to ensure proper warm-up. Please keep cell phones on vibrate or low ring. Please refrain from answering calls while class is in progress; if necessary please go out to the hallway.</i></p>		
Cardio Core 6:15-7:15pm Shelly	Indoor Strength Bootcamp 6:00-7:00pm Zlata	Step/Core 6:15-7:15pm Kitty	Salsa Fit 6:00-7:00pm Zlata			

Aerobic Fees <i>Prices incl HST</i>	Member Drop-in	Member Aerobic & Pool Combo Drop-in	Non-Member Drop-in	Non-Member Aerobic & Pool Combo Drop-in	11 Visit Pass	1 Month Pass	3 Month Pass	6 Month Pass	12 Month
Adult	5.00	7.20	5.50	7.70	49.90	44.95	114.55	216.00	377.20
Youth/Senior	3.75	5.95 (Senior Only)	4.25	6.45 (Senior Only)	34.95	31.45	80.20	150.90	258.65

**Schedule subject to change or cancellation without notice!**

**Follow us on Twitter @ killarneycc**

**for current up to date information on class cancellations**



### Step/Core

**Moderate to advanced step class.** Class will incorporate strength training such as weights and bands with a focus on core.

### Body Sculpt

**All levels welcome.** This class will focus on strength training in a group setting. Participants will work out all their main muscles using bands, power bars and dumbbells. Participants will perform exercises such as squats, lunges, bicep curls and much more.

### Dance **BOOGIE**

**Moderate to advanced class.** It's the beat of the music that will provide the energy to work your hardest. Dancing is an overall body workout and the more you participate, the stronger you will become. Enjoy various styles of dance including Jive, Hip-Hop, Mambo, Cha Cha, Tango, Salsa, Afro beat and more. Complete the workout with some weight training and cool down. A total work out that is fun for everyone.

### Salsa Fit

**Hi/Lo aerobic-dance class.** Move to a Latin beat.

### Step

**Moderate class.** This class offers easy to follow step choreography. Beginners welcome!

### Zumba

**Moderate to advanced class.** A Latin inspired dance-fitness class. It combines high energy and motivating music with unique moves and combinations. Zumba is a "feel-happy" workout that is great for both the body and the mind.

### Indoor Strength Boot Camp

**Moderate to advanced class.** This fun and challenging workout will leave you feeling energized. Class is composed of kickboxing moves, core strengthening and body toning with weights.

### Step 'n' Strength

**Moderate to advanced class.** This class consists of cardio work on the step, followed by strength training and a cool down.

### Cardio Core

**Moderate to advanced class.** This class offers a mix of step aerobics and dry land aerobics. Class will end with strength training. Class format will alternate with instructor.

### Boomer Ball

**Mild to moderate class.** This low impact class is designed for the older adult or those just starting out. Cardio is 20-25 minutes.

### Dance Step

**Moderate to advanced step class.** This class will offer challenging step choreography with lots of intensity. A high energy class! It will also incorporate a drumming workout.

### Cardio & Strength

**Moderate to advanced class.** This class offers a combination of high/low and strength training.