

WOMEN'S FITNESS CLASSES

<p>Intervelocity <i>Sunday</i> 10:00 - 10:45 am</p>	<p>CARDIO CHALLENGE <i>High impact aerobics followed by intense abdominal exercises</i> Monday & Wednesday 10:00 - 10:45 am</p>	<p>ARMS & ABS <i>Toning Class</i> Monday & Wednesday 10:50 - 11:30 am</p>
<p>STEPTASTIC <i>Variation of popular basic moves, off cadence stepping, tap free stepping, creating more complex patterns, while working with one or two steps</i> Monday & Wednesday 11:45 - 12:15 pm</p>	<p>BODY SCULPTING Monday & Wednesday 12:15 - 1:00 pm</p>	<p>CARDIO DANCE FUSION <i>Fun cardio combinations followed by weights and mat work</i> Tuesday 7:55 - 8:55 pm</p>
<p>BOOT CAMP TRAINING <i>Cardio kick boxing with emphasis on the core and lower body</i> Thursday 7:55 - 8:55 pm</p>	<p>SUPERSTEP <i>High impact fast paced step. Intense fitness, ultimate cardio-vascular workout.</i> Tuesday & Thursday 8:45 - 9:15 pm</p>	<p>H.S. GIRLS FITNESS CLASSES CORE-DINATION <i>Aerobics Training - fun work - Hard Play stretching, calisthenics and step included in total workout</i> Tuesday & Thursday 8:00 - 8:45 pm</p>

ADULT EXERCISE CLASSES

OPEN TO MEMBERS AND NON MEMBERS!

ZUMBA with Tamara

Energetic aerobic workout combining latin and international dance steps

Friday 10:00-10:45am
Oct. 28 - Dec. 30 ~ 10 sessions
5ZU1 FEE: M- \$80/NM-\$95

Tuesday 9:00-9:45pm
Nov. 1-Jan. 3 ~ 10 sessions
5ZU2 FEE: M- \$80/NM-\$95

DROP IN
ONE CLASS \$15

Group personal training

Seperate Program for Men & Women
People who train with someone else have a dramatically lower dropout rate.
Group training is open to 2-4 members wanting to train together with the same trainer at a discounted rate.

1/2 Hour Session - \$45
5 Sessions - \$210

The Silver Sneakers[®] Fitness Program 

ATTENTION OXFORD & BLUE CROSS MEDICARE MEMBERS:

Take advantage of a membership and use steam and sauna rooms, aqua exercise classes, exercise equipment and more!
If you are a member of Oxford or Blue Cross Medicare you may be entitled to use the Y at NO COST to you.
Call the Y office to verify your eligibility for this program.

ATTENTION OXFORD FREEDOM PLAN FAMILY MEMBERS:

You may be entitled to reimbursement for part of your Boro Park Y Family, Couple or Adult Individual Membership.
Pick up forms and information at the Y front office.