

# Y SWIM CENTER AT RANDALLSTOWN

# HEALTH & WELL-BEING

**Summer: 06/23/14 - 08/17/14**

(7 week session with 8<sup>th</sup> week reserved for make-ups, if needed)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		11:15am-12:15pm Gentle Yoga (01) Y		11:15am-12:15pm Gentle Yoga (01) Y	<b>KEY:</b>  Health and Well-being programs can take place next door at the Community Center or on the Y lobby.  Y=The Y Side Lobby	
	12:00pm-1:00pm Yoga (02) Y					
	5:00- 6:00pm Cardio Blast (02) Y		5:00- 6:00pm Cardio Blast (02) Y			
	6:00- 7:00pm Cardio Kickboxing (02) Y		6:00- 7:00pm Cardio Kickboxing (02) Y			

## Health & well-being Program Fees

Program Code	Class Name	Frequency	Metro Rate	Center Rate	*Open Rate
02151	Cardio Blast (12+ yrs)	2X/wk	FREE	\$5	*
02231	Gentle Yoga (15+ yrs)	2X/wk	FREE	\$5	*
02231	Yoga (13+ yrs)	1x/wk	FREE	\$5	*
02166	Cardio Kickboxing (13+ yrs)	2x/wk	FREE	\$5	*

Free programs reserved for members only. If you would like to participate in these programs, please inquire about our membership options.

**Please Note:** All Health & Wellbeing classes operate on a 7 week cycle, week 8 is designated for make-up classes, if needed. Classes may be held in Y lobby.

## Health & Well-Being Class Descriptions

### Cardio Blast (02151)

A total body workout combining multiple strength and cardio workouts to build strength and burn calories. Classes may use steps, cycles, stability balls, and more to achieve a total body workout.

### Gentle Yoga (02231)

A gentle yoga class that incorporates meditation, strength building and flexibility, to learn the balance benefits of yoga, while using the breath to connect the mind and body.

(class uses the aid of a chair)

### Yoga (02231)

A relaxing but invigorating workout that burns calories, sculpts your body, increases flexibility and promotes a sense of inner calm.

### Cardio Kickboxing (02166)

High Intensity Cardiovascular workout that combines martial arts, boxing, and aerobics.

**ALL Classes will be Held in Y lobby during the  
SUMMER SESSION**

Schedules subject to change without notice.  
Register online at [ymaryland.org](http://ymaryland.org)