



# FITNESS

## Fitness Schedule 2014

Schedule Begins Monday Sept. 8nd, 2014 and is subject to change

Fitness classes run month-to-month

### Equipment Orientations

The YMCA offers FREE equipment orientations for members. Please see the Welcome Center to take advantage of this great opportunity

### Personal Training

Personal Training is also available. The cost varies depending on the length of the session and the number of participants attending the session. See the Welcome Center for more info.

### Weight Room Staff

The weight room will be staffed by qualified personnel M-F from 4:30-7:30pm and Sat/Sun from 1:00-4:00pm. Equipment orientations will be available during these times without appointment.

### Star Rating

\* Very low intensity  
\*\*\*\*\*High intensity

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45am Total Conditioning/Step (BG/WR)**		5:45-6:45am Total Conditioning/Step (BG/WR)**		5:45-6:45am Total Conditioning/Step (BG/WR)**	8:00-9:00 Yoga (Off Site)	
9:00-10:00am Active Older Adults Cardio/Strength (BG)*	9:00-10:00am Tight & Tone (WR)****	9:00-10:00am Active Older Adults Cardio/Strength (BG)*	9:00-10:00am Tight & Tone (WR)****	9:00-10:00am Active Older Adults Cardio/Strength (BG)*	9:00-10:00am HIIT (SG)****	
		11:30-12:30 Platte River Judo Adult Club (BG)				2:00-3:00pm Platte River Judo Adult Club (BG)
12:10-12:50pm Spinning (WR)*****		12:10-12:50pm Spinning (WR)*****				
	6:00-7:00 pm Yoga (Off Site)*		6:00-7:00 pm Yoga (Off Site)*			
5:30-6:30pm Tight & Tone (WR)****	6:30-8:30pm Platte River Judo Club (BG)	5:30-6:30pm Tight & Tone (WR)****	6:30-8:30pm Platte River Judo Club (BG)			
6:30-7:30pm Zumba (BG)****		6:30-7:30pm Zumba (BG)****		6:30-7:30pm Zumba (BG)**		

- (BG) Class is held in the Big Gym
- (SG) Class is held in the Small Gym
- (WR) Class is held in the Weight Room
- (Off Site) Class held at Our Saviour's Lutheran Church 318 E 6th St, in Basement
- (HIIT) High Intensity Interval Training

### Casper Family YMCA

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