

**RANDOLPH-ASHEBORO YMCA**

# **AEROBATHON**

**Saturday, March 20, 2010**

**8:15am to 11:30am**

## **2 LEVELS TO CHOOSE FROM**

*Are you a New Member? Experience a sample of all Group Fitness Classes on the Lighter Side*

*Do You Need a Challenge? Experience the Insane Cardio and Strength Workout*

**8:15-8:30 Check-In**

### **Beginner/Low Impact**

8:30 -8:45 Power Beats warm up  
8:50-9:10 Step/Sculpt Intervals  
9:15-9:35 Pilates  
9:40-10:00 Zumba  
10:05-10:25 Kick box  
10:30-10:50 Kettlebell  
10:55-11:15 Cycle  
11:15-11:30 Yoga

### **ADVANCED/HIGH IMPACT**

8:30-8:45 Power Beats warm up  
8:50-9:30 Insane Cardio (Gym)  
9:35-10:10 Cycle  
10:15-10:50 Kickbox (Gym)  
10:55-11:15 Kettlebell  
11:15-11:30 Yoga

**Registration Fee: \$5.00 Members \$10 Non-members**

**All money will go toward Sponsoring Children who are participating in the 6<sup>th</sup> Annual YMCA Kids Triathlon to be held Saturday, June 12, 2010**

**Register at the Front Desk by Friday, March 19.**

Contact Robin Hatch at 625-1976 for more information.