



GROUP EX 101 CLASSES

**STARTING HAS NEVER
BEEN SO AWESOME**

INCLUDED WITH MEMBERSHIP

LAUNCHING FEB 10TH

KEARNEY FAMILY YMCA

kearneyymca.org



CYCLING 101

Time: 1:30-2:05pm

Room: Group Exercise #2

Instructor: Mary or Jerry

Description: Cycling is a form of exercise that utilizes endurance, strength, speed, hills, power, and cardiovascular out to build a more fit and athletic body. Done on a stationary bike, set to music; cycling is a fantastic low impact, cardio exercise.

ROWING 101

Time: 2:15-2:50pm

Room: Meeting Room 1

Instructor: Jerry

Description: Rowing may be one of the best full body, low impact group exercise classes offered at the YMCA. Rowing, by using our one-of-a-kind IndoRow rowers offers participants a moderate intense workout that will challenge your legs, core, upper body, and heart rate.

STRENGTH 101

Time: 3:00-3:45pm

Room: Group Exercise Room 1

Instructor: Terri or Kara

Description: This is the perfect class to start your strength training journey. Strength 101 will allow participants to learn and grow in their weight training knowledge and experience. Everything from body weight exercise exercises, dumb bells, barbells, kettlebells, medicine balls, and bosu balls will be introduced, demonstrated, practiced, and perfected.