



YMCA of Greater Fort Wayne

HEALTH & FITNESS

We build strong kids, strong families, strong communities

SEFY Aerobics Class Schedule

Monday

Geri's Jazz
Aerobics
5:30- 6:15 PM



Bobbi Mayne
Step Fit
6:15-7:15 PM



Tuesday

Kim Harris
Dance Aerobics
5:45-6:45



Ebony Young
Hip Hop Aerobic
6:45-7:30 PM



Wednesday

Geri's Jazz
Aerobics
5:30- 6:15 PM



Bobbi Mayne
Step Fit
6:15-7:15 PM



Thursday

Raven Smiley
Dance Aerobics
5:45-6:45



Ebony Young
Hip Hop Aerobic
6:45-7:30 PM



Geri's Jazz Aerobics: This class is geared toward beginning and intermediate level students. Along with a warm up and cool down, this class incorporates a little bit of everything from using the step, to dance and a bit of interval training on the track. **SWEAT!!!**

Step Fit: This step aerobics class is geared toward beginning and intermediate level students. Along with a warm up and cool down, this class incorporates 30 min. of fat burning exercise with 15 min. of floor exercise for abs. **WOW!!!**

Dance Aerobics: This dance class is geared toward beginning and intermediate level students. Along with a warm up and cool down, this class incorporates all dance moves, when put together burn fat like any regular exercise routine. **FUN!!!**

Hip Hop Aerobics: This class consists of multiple dance steps with a combination of soulful hip hop moves. The step is used throughout the duration of the class. Basic step moves are infused with the latest hip hop and "old school" dance moves. **ENERGETIC!!!**