



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

8/11

## CARDIO SCULPT

### What is it?

Get it all in one class! Cardio Sculpt combines calorie burning cardiovascular exercises with strength exercises to give you a complete package!

### Who is it for?

This class is for people of all ages and fitness levels. The instructor will go through various modifications of exercises to ensure a safe, effective workout.

### What do I wear?

Wear athletic shoes and comfortable clothes that allow you to move freely –shorts, T-shirt, sweatpants, etc.

### Where should I go on the first day of class?

Come to the front desk and tell them you are here for Cardio Sculpt, and they will direct you to the Aerobic Studio or Gym (depends on YMCA location).

### How do I register?

This is a free program for members only. See our current Group Fitness Schedule for class days and times or call 436-9622.

### Other information?

Contact:	Broadview Center	436-9541
	Downtown Center	436-9552
	West Side Center	436-9533
	East Side Center	436-1230

#### YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**Membership For All** helps to ensure that everyone belongs at the YMCA, regardless of income level. For information contact the YMCA at 436-9622 or visit our website: [www.greenbayymca.org](http://www.greenbayymca.org).