



STEP UP CHEYENNE 10am Saturday Class Schedule

Date	Class	Instructor
April 20	Cardio Kickboxing	Pam S.
April 27	Supertone	Mary P.
May 4	Zumba Gold	Mary C.
May 11	Hard Core	Michelle C.
May 18	Yoga	Lorna C.
May 25	Water Aerobics	Pamela M.
June 1	Zumba	Lisa W.
June 8	SPRINT	Sheri P.
June 15	Water Aerobics	Barb D.

Like the classes? Make sure you sign up for the Step up \$10/10 Week Membership that includes **ALL** of our aerobics classes!

Sign up at SMART Sports!

5307 Yellowstone Rd
Cheyenne WY, 82009

Aqua-Fit :

Conducted in the therapy pool, to promote strength and endurance, using buoyancy to increase flexibility and decrease joint strain. A beneficial class for all fitness levels. Swimming proficiency is not required.

Hard Core:

Building strength and confidence with abdominal and spine stabilizing exercises, incorporating cardio conditioning for fat burning results.

SPRINT:

Challenge and take your cardio and strength to new limits, using timed fitness/rest intervals. Burn body fat, build muscle for a High Intensity Interval Training (HIIT) workout.

Yoga:

Improve your sense of mental and physical well being through breath, mindful and moving meditation, balance, flexibility, strength and relaxation – Namaste.

Zumba:

A Latin inspired dance-fitness, dynamic, exciting and exhilarating. Effective and fun. This class is sure to get your blood pumping.

Zumba Gold:

For seniors and those looking for a low impact aerobic dance inspired workout.

Super Tone:

An effective body toning class for all! This class implements the use of exercise bands, gliders, resistance bands and weights.

Cardio Kickboxing:

Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio.