



# HEALTHY KIDS DAY<sup>®</sup>

| April 30

30 Years of Celebrating Healthy Kids

## Description of Fitness Activities

### **SPIN**

Spinning will strengthen your cardiovascular system & improve muscular strength & endurance. Prepare to sweat! As you are led through a challenging workout by a motivating instructor with fun music!

### **R.I.P.P.E.D.**

Resistance-Intervals-Power-Plyometric-Endurance-Diet. A pre-choreographed workout incorporating cardio, weights, kickboxing, and core. Instructors show levels of modifications. Motivating music!! For all fitness levels.

### **Pilates**

Emphasizes your core, lower back, inner & outer thighs. Develops flexibility, strength, muscular endurance, coordination, and balance.

### **Yoga Flow**

Slow and steady movement through the basic yoga poses while focusing on breath, alignment, and strength.

Find out more about our Fitness Programs here:

[www.mauiymca.org/healthy-living](http://www.mauiymca.org/healthy-living)



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY