

BASIC & BRIEF

LOWER LEVEL

Spring 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00 Basic & Brief Becky (STARTING 4/27)		9:00-10:00 Basic & Brief Kellie (STARTING 4/22)			

Printed Schedule
Subject to Change.
Visit
www.ymcaerie.org
for the most up-to-
date schedule.

CLASS DESCRIPTION:

A circuit training class which users quickly alternate between strength and cardiovascular exercises, keeping their heart rates elevated and sustained above a resting level throughout their workout. Everyone can benefit from doing a complete, total body workout. From those new to exercise to routine exercisers, from youth to older adults, as well as the time-challenged.