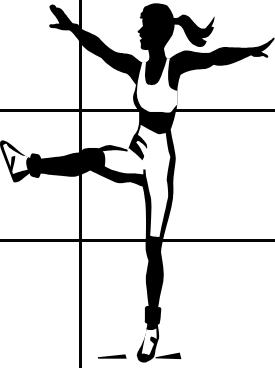


GROUP FITNESS SCHEDULE

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM To 7:00 AM		Toning (Theresa)		Toning (Theresa)		Toning (Theresa)	
9:00 AM To 10:00 AM		Zumba! (Mara) **	Stability Ball Mix (Teri) **	Zumba! (Mara) **	Stability Ball Mix (Teri) **	Zumba! (Mara) **	Zumba! (Carissa) **
10:00 AM To 11:00 AM		Silver Sneakers (Teri) **		Silver Sneakers (Teri) **			
10:15 AM To 11:30 AM			Tai-Chi (Fern)		Tai-Chi (Fern)		
5:00 PM To 6:00 PM		Zumba! (Carissa) **		Zumba! (Carissa) **			
5:30 PM To 6:30PM			Yoga! (Debi) ** Community Room		Pilates! (Debi) ** Community Room		
5:45 PM To 6:45 PM			Toning Class (Kathy) **		Toning Class (Kathy) **		
6:15 PM' To 7:15 PM		Zumba! (Carissa)		Zumba! (Carissa)			** <u>Free Child watch!</u>
7:00 PM To 8:00 PM			Zumba! (Ashlee) **		Zumba! (Ashlee) **		

**YMCA
AEROBICS & FITNESS**

Classes are on a first come first serve basis. There are times that the aerobics staff may need to cancel a class at a moments notice, we reserve this right and ask that you as members be understanding at these times. Thank you!

**CYBEX
TRAINING ORIENTATIONS**

Cybox is the machine weight equipment that the YMCA has in the fitness center. It is great equipment for beginners or seasoned veterans. The equipment is versatile and easy to use. It is very important to make sure you know how to adjust the equipment so that it fits your body. Members can register for a free orientation by leaving their name at the front desk. Fitness supervisor, Teri Chamberlain, will give you a call.

CHILD WATCH HOURS

8:45 AM - 11:00 AM (Mon-Fri)
4:45 PM - 7:30 PM (Mon-Thurs)

Child Watch is available for children ages 6 weeks to 6 years old. Evening session will close at 8:30 PM if no children are present.

Fees:	<u>Member</u>	<u>Non-Member</u>
First Child	\$2.00	\$4.00
Additional Child	\$1.00	\$2.00

\$5 registration fee per family

Child watch is staffed by YMCA staff and volunteers. Volunteers can earn 2 hours of child care free for every hour volunteered. If interested, talk with the Youth Director.

For info call: 442-6761

**FITNESS CLASS
DESCRIPTIONS**

Level II Step—A class packed with powerful and fun moves with an emphasis on cardio conditioning and trouble spot toning. This class is for the intermediate fitness levels.

Step/Ball Mix— A mix of high intensity cardiovascular challenge using a variety of step combinations, stability ball, resistance bands, leg and hand weights. This is an interval class and for all fitness levels.

Level II Toning—Strength, endurance, conditioning and toning program for all major muscles. Designed to help promote lean body mass and raise your fitness level.

Tai Chi-Traditional Chinese martial art and a slow exercise, beneficial for both men and women's health.

**YMCA
of
Clay County**

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.



YMCA MISSION

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