



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH, WELL-BEING & FITNESS

GROUP FITNESS CLASSES

Group Fitness classes listed on this page are **FREE** with all memberships for **ages 12 & older** and held at the Program Center at 756 S. Coldbrook Avenue unless specified otherwise

Non-member 1x/wk \$35.00
2x/wk \$70.00

Or daily class pass - \$5.00 per class

****Program days & times are subject to change****

18 Movement Qigong

Meets: Mon 11:30 am - 12:30 pm
Thurs 11:00 am - 12:00 noon

Body Sculpt

Meets: Wed 5:00 - 6:00 pm

Cardio Dance

Meets: Mon 6:15 - 7:00 pm

Cardio Kickboxing

Meets: Tues 6:00 - 7:00 pm
Fri 9:15 - 10:15 am

Cardio & Strength—Level 1

Meets: Thurs 10:00 - 11:00 am

Cardio & Strength—Level 2

Meets: Tues 10:00 - 11:00 am

Core Express

Meets: Mon 7:00 - 7:30 pm

Muscle Pump

Meets: Thurs 6:30 - 7:30 pm
Sat 10:45 - 11:45 am

REFIT®

Meets: Thurs 5:20 - 6:20 pm

Rock Bottom

Meets: Mon 6:15 - 6:45 pm

Sculpt Express

Meets: Fri 10:30 - 11:00 am

STEP Circuit

Meets: Mon & Wed 9:15 - 10:15 am

Y Fusion

Meets: Tues 4:45 - 5:30 pm

Yoga

Meets: Mon 5:15 - 6:15 pm
Tues 9:15 - 10:30 am
Wed 1:30 - 2:45 pm
Wed 5:30 - 6:30 pm (Yoga For Inflexible Men)
Thurs 9:15 - 10:30 am
Thurs 5:30 - 6:30 pm (Flow)
Sat 9:30 - 10:30 am (Flow)

Active Older Adult Forever Fit Gym Program

Cost: Non-member \$3.00/class
Meets: Mon & Wed 10:30 - 11:30 am

Pickle-Ball at the main YMCA

Cost: Members **FREE**
Non-members \$5.00 per visit
Punch Card \$40.00 for 10 visits
Meets: Mon-Thurs 1:00 - 3:00 pm
Friday 5:00 - 7:00 pm

Total Access Circuit Classes in the Fitness Center

Class calendar is posted monthly in the Fitness Center or check at the front desk. The calendar is also posted online at www.chbgy.org.

Spinning at the main YMCA

Class calendar is posted monthly in the Spinning Room or check at the front desk. The calendar is also posted online at www.chbgy.org.

Revised: 12/16/15

Program Session Dates

Session 1 January 4-February 20, 2016 Session 2 February 22-April 9, 2016
Session 3 April 11-May 28, 2016



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH, WELL-BEING & FITNESS

Program days & times are subject to change

GROUP FITNESS CLASSES

Barefoot Balance

Cost: Member \$10.00
Non-member \$20.00
Meets: Wed 9:15 - 10:00 am

CorePole & Beyond

Cost: Member \$12.50
Non-member \$25.00
Meets: Mon 5:15 - 6:15 pm
Thurs 5:15 - 6:15 pm

Tae Kwon Do

Cost: Health Center Member \$12/mo.
Member \$29.00/mo
Non-member \$40.50/mo
Meets: Mon & Wed 6:30 - 8:00 pm
Monthly fee is for two classes per week.

TRX

Cost: Member \$20.00
Non-member \$40.00
Meets: Thurs 9:15 - 10:00 am
Thurs 4:30 - 5:15 pm

TRX & Spin

Cost: Member \$20.00
Non-member \$40.00
Meets:

Personal Training

Scheduled one on one personal fitness instruction for teens 14 years of age through adults with an experienced, certified YMCA personal trainer. Thirty or sixty minute sessions. Contact Fitness Center Director for more information.

ActivTrax

ActivTrax gives you the advantage of having your own personalized workout at your finger tips every time you come to the Y. ActivTrax also provides members with an online nutrition tool to help you plan your meals and monitor your diet from your home computer.

WATER ACTIVITIES

Adult & Teen Swimming Lessons

Cost: Member \$19.00
Non-member \$33.50
Meets: Thurs 7:30 - 8:15 pm
Fridays 9:15-10 am

Deep Water Aquacize

Cost: Member **FREE**
Non-member 1x/wk \$37.00,
2x/wk \$63.75
Or a daily class pass - \$5.00 per class
Meets: Mon, Wed & Fri 9:15 - 10:15 am

Active Older Adult Forever Fit Aquacize

Cost: Member **FREE**
Non-member \$4.00 per visit
Meets: Mon, Wed & Fri 10:15 - 11:15 am

Hydro Fit

Cost: Member **FREE**
Non-member 1x/wk \$37.00
2x/wk \$63.75
Or a daily class pass - \$5.00 per class
Meets: Mon & Thurs 7:30 - 8:30 pm

S.E.A. Fit

Cost: Member **FREE**
Non-member 1x/wk \$37.00,
2x/wk \$63.75 or
a daily class pass - \$5.00 per class
Meets: Tues & Thurs 9:15 - 10:15 am

Active Older Adult Twinges in the Hinges

Cost: Member **FREE**
Non-member \$4.00 per visit
Meets: Tues & Thurs 10:15 - 11:15 am

Masters Swimming - MUST BE Y MEMBER

Cost: **FREE**
Meets: Mon, Wed, Fri 6:00 - 7:00 am

Private Lessons

Cost: Member \$15.00 per 1/2 hour
Non-member \$25.00 per 1/2 hour

Contact Aquatic Director for information.

Revised: 12/16/15

Program Session Dates

Session 1 January 4-February 20, 2016

Session 2 February 22-April 9, 2016

Session 3 April 11-May 28, 2016