



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 Y memberships for **ages 12 & older**
Held at the Program Center
756 S. Coldbrook Avenue
(unless specified otherwise)

Non-member 1x/wk \$25.00
2x/wk \$50.00

Or daily class pass - \$5.00 per class

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

Anything Goes

Meets: Fri 9:15 am - 10:15 am

Cardio Dance

Meets: Mon 6:30-7:30pm

Cardio Kickboxing

Meets: Wed 6:30 - 7:15 pm

Interval Training

Meets: Mon 5:15 - 6:15 pm
Thur 5:15- 6:15 pm

Forever Fit (Active Older Adult Fitness)

Meets: Mon 10:30- 11:30 am
Wed 10:30- 11:30 am

****Non Y Member price \$4.00/class pass or
\$40.00 10-class punch card**

Muscle Pump

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

Power Step

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

Pound Fitness Drumming ****FEE CLASS**

Meets: Tues 5:30- 6:15 pm
****Class drop-in fee: \$3 for Y member
\$6 for Non-Y member**

Qigong

Meets: Mon 11:30 am - 12:30 pm
Thur 11:30 am - 12:30 pm

Sculpt Express

Meets: Fri 10:30 - 11:00 am

STRONG by Zumba

Meets: Sat 8:15 - 9:15 am

Total Body Barre

Meets: Tues 9:00 -10:00 am

TRX Suspension Training ****FEE CLASS** (ages 13 & older)

Meets: Tues 10:15 - 11:00 am

Cost: Member \$18.00
Non-member \$36.00

Y Fusion

Meets: Tues 4:45- 5:30 pm
Thurs 5:30- 6:15pm

Yoga

Meets: Mon 5:30 - 6:30pm
(Power Yoga)
Tues 9:00 -10:15 am
(Yoga for Everybody)
Thurs 9:00 -10:15 am
(Yoga for Everybody)

Zumba

Meets: Tues 5:30 - 6:15pm
Thurs 10:30 -11:15 am
Thurs 6:30-7:30 pm
Sat 9:30-10:30 am

Program times & days are subject to change.

Revised: 3/26/2019

Program Session Dates

Session 3 April 1st -May 11th Session 4 May 20th -June 29th

****Session Break May 12th -May 19th****



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GROUP FITNESS at the Main YMCA

Group Fitness classes listed on this page are **FREE** with all Y memberships for **ages 12 & older and** held at the main YMCA: 570 E. McKinley Street (unless specified otherwise)

Non-Y member: class pass - \$5.00 per class

Spinning

Class calendar is posted monthly and can be found outside the spin room, at the front desk, fitness center front desk or online at www.chbgy.org.

Circuit Classes

Class calendar is posted monthly and can be found outside the spin room, at the front desk, fitness center front desk or online at www.chbgy.org.

Classes vary per month but may include Push/Pull Circuits, Upper/Lower Circuits, Boot Camp, HIIT, Strength & Balance or Youth Strength Circuits.

Recreational Sports

Pickleball

Cost: Members **FREE**

Non-members \$5.00 per visit

Punch Card \$40.00 for 10 visits

Meets: T, W, Th, Fri 10am-12pm

Tues & Thurs 1:00 - 3:00 pm

Friday 5:00 - 7:30 pm

Sunday 1:00 - 5:00 pm

Wallyball

Cost: Members **FREE**

Non-members \$5.00 per visit

Meets: Tues 6:00- 7:30 pm

Sat 9:00- 11:00 am

Racquetball

Cost: Members **FREE**

Schedule court reservation with membership services staff at the front desk

Tae Kwon Do (Ages 7 through Adult)

Cost: Members \$15.50 1class/week

\$31.00 2classes/week

Non-Y Members \$21.25 1class/week

\$42.50 2classes/week

Meets Mondays & Wednesdays

6:30- 7:30pm

FIRST MONTH IS FREE

Personal Training

Individualized scheduled training sessions between trainer and client. Personal training offerings include one on one personal fitness instruction and small group training. Personal training is available for individuals 12 and older. Thirty or sixty minute sessions available. Contact Fitness Center Director for more information on rates, promotional packages, benefits of personal training and to register.

Wellness Programs

Rock Steady Boxing (RSB)

RSB is a non-contact boxing-based fitness class serving individuals diagnosed with Parkinson's disease.

Cost: Members \$40/month

\$60/month

Meets: Mon & Wed 1:00-2:30pm

Must be pre-register and have completed intake, assessment and medical release to participate.

LiveSTRONG at the YMCA

LiveSTRONG at the YMCA is a 12-week program for adult cancer survivors. The program focuses on physical, mental, and emotional well-being.

Cost: No cost for participants. Individuals do not have to be a Y member.

Meets: Days/Time varies per session

Must be pre-register and have completed intake and medical release to participate.

Prevent T2

An evidence-based program to help individuals prevent type 2 diabetes through education of healthy life choices. Cost: No cost for participants. Individuals do not have to be a Y member.

Meets: Day/Time varies per session

Must be pre-register and have completed intake.

Healthy Steps for Older Adults

An evidence-based falls prevention workshop to raise participant's fall prevention education and awareness.

Cost: No cost for participants. Individuals do not have to be a Y member.

Meets: Day/Time varies per session

Must be pre-register.

Director of Healthy Living: Ellen Poe 717-446-0533 epoe@chbgy.org

Assistant Director of Healthy Living: Brittney McClure 717-263-8508 bmmclure@chbgy.org

Fitness Center Director: Erica Ragno 717-263-8508 eragno@chbgy.org