



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

Thur 11:00 am - 12:00 noon

### Anything Goes

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

### Core Express

Meets: Tues 10:00 - 10:30 am

### Cardio Dance

Meets: Mon & Wed 6:30 - 7:30 pm

### Cardio & Strength

Meets: Thur 10:30 - 11:15 am

### Cardio Kickbox

Meets: Tues 6:00 - 6:45 pm

Fri 9:15 - 10:15 am

### Interval Training

Meets: Mon 5:15 - 6:15 pm

Thur 5:15 - 6:15 pm

### Muscle Pump

Meets: Wed 6:30 - 7:30 pm

Sat 10:45 - 11:45 am

### Sculpt Express

Meets: Fri 10:30 - 11:00 am

### STEP Circuit

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

### Total Body Barre

Meets: Tues 9:00 - 9:45 am

### Yoga

Meets: Tues 9:00 - 10:15 am

Wed 9:00 - 10:15 am (Power Yoga)

Wed 2:00 - 3:15 pm

Wed 5:15 - 6:30 pm (Power Yoga)

Thur 9:00 - 10:15 am

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

Tues & 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.chbg.org](http://www.chbg.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.chbg.org](http://www.chbg.org).

Revised: 4/6/18

## Program Session Dates

Session 6 Sept. 3\* - Oct. 20, 2018      Session 7 Oct. 22 - Dec. 8\*, 2018  
(YMCA is CLOSED Sept. 3 and Nov. 22—no classes on these dates)



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## GROUP FITNESS CLASSES

### Tae Kwon Do

Cost: Health Center Member \$12/mo.  
Member \$29.00/mo  
Non-member \$40.50/mo  
Meets: Mon & Wed 6:30 - 7:30 pm  
Monthly fee is for two classes per week.

### TRX (ages 13 & older)

Cost: Member \$20.00  
Non-member \$40.00  
Meets: Tues 10:30 - 11:15 am

### 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. Contact Fitness Center Director for more information.

## WATER ACTIVITIES

### Adult & Teen Swimming Lessons

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

### Deep Water Aquacize

Cost: Member **FREE**  
Non-member 1x/wk \$35.00,  
2x/wk \$70, or 3x/wk \$105  
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 \$35.00  
2x/wk \$70.00  
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 \$35.00,  
2x/wk \$70.00 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.

Angi Johnson: [ajohnson@chbgy.org](mailto:ajohnson@chbgy.org)

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