



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **SPRING INTO ACTION**



**Program Guide  
Spring I 2012  
February 19-April 8**

**Monroe County YMCA- HTC Center  
YMCA OF SOUTHWEST ILLINOIS**



Proud member of

United Way  
of Greater St. Louis



# Spring I Session

DATES	MEMBER REGISTRATION BEGINS	OPEN REGISTRATION BEGINS
<b>February 20-April 8</b>	<b>January 30</b>	<b>February 6</b>

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

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### To Register for a Class/Program

Call or sign up in person at any branch or register online at [www.ymcaswil.org](http://www.ymcaswil.org). Members receive early registration privileges, beginning **3 weeks prior** to session start date. Open registration begins **2 weeks prior** to session start date.

## Who to contact...

Ed Neill - Executive Director/Vice President of Operation: [eneill@ymcaswil.org](mailto:eneill@ymcaswil.org)  
Jennifer Eggleston - Program Director (Aquatics, Family, Teen, Camp): [jeqqlestone@ymcaswil.org](mailto:jeqqlestone@ymcaswil.org)  
Rebecca Keightley - Program Director (Sports, Fitness): [rkeightley@ymcaswil.org](mailto:rkeightley@ymcaswil.org)  
Meg Saak - Membership, Volunteer and Marketing Director: [msaak@ymcaswil.org](mailto:msaak@ymcaswil.org)  
Cheryl Altrogge - Executive Assistant: [caltroqqe@ymcaswil.org](mailto:caltroqqe@ymcaswil.org)  
Terri Morstatter - Housekeeping Supervisor: [tmorstatter@ymcaswil.org](mailto:tmorstatter@ymcaswil.org)  
Larry Pierson - Sports Coordinator: [lperson@ymcaswil.org](mailto:lperson@ymcaswil.org)  
Ashley Skaer - Family Coordinator: [askaer@ymcaswil.org](mailto:askaer@ymcaswil.org)  
Gale Bell - Preschool Teacher: [gbell@ymcaswil.org](mailto:gbell@ymcaswil.org)



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# OUR LOCATIONS AND HOURS

<p>YMCA CORPORATE OFFICE 424 Lebanon Avenue Belleville, IL 62220 618.233.9485</p>	<p>Office Hours: Mon-Fri 8:00am-5:00pm and by appointment</p>
<p>COLLINSVILLE MARYVILLE TROY CENTER 1 Town Center Drive Maryville, IL 62206 618.346.5600</p>	<p>Mon-Thurs 5:00am-9:00pm Fri 5:00am-9:00pm Sat 7:00am-5:00pm Sun 12:00pm-5:00pm</p>
<p>DOWNTOWN BELLEVILLE YMCA Robert L. and Elsie A. Kern Center 200 South Illinois Street Belleville, IL 62220 618.233.1243</p>	<p>Mon-Thurs 5:00am-10:00pm Fri 5:00am-9:00pm Sat 6:00am-6:00pm Sun 12:00pm-6:00pm</p>
<p>EAST BELLEVILLE YMCA 2627 Carlyle Avenue Belleville, IL 62221 618.236.9983</p>	<p>Mon-Thurs 5:00am-10:00pm Fri 5:00am-9:00pm Sat 6:00am-6:00pm Sun 12:00pm-6:00pm</p>
<p>MONROE COUNTY YMCA- HTC CENTER 9514 Caring Way Columbia, IL 62236 618.281.9622</p>	<p>Mon-Thurs 5:00am-10:00pm Fri 5:00am-9:00pm Sat 7:00am-6:00pm Sun 12:00pm-5:00pm</p>
<p>O'FALLON CENTER 284 North Seven Hills Road O'Fallon, IL 62269 618.628.7701</p>	<p>Mon-Thurs 4:30am-10:00pm Fri 4:30am-9:00pm Sat 7:00am-6:00pm Sun 12:00pm-6:00pm</p>
<p>OUTDOOR/LAKESIDE CENTER 2437 Park Road Belleville, IL 62220 618.233.1243</p>	<p>YMCA Outdoor Center is open to members during daylight hours. Lakeside Center is open for specific programs or by rental agreement. To inquire, call 618.233.1243</p>
<p>RED BUD CENTER 130 South Oak Street Red Bud, IL 62278 618.282.9622</p>	<p>Mon-Fri 6:00am-9:00pm Sat 9:00am-3:00pm Sun CLOSED</p>



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# **SUMMER OF FUN AT YMCA DAY CAMP!**

**SAVE THE DATE FOR  
DAY CAMP REGISTRATION  
KICK OFF  
MARCH 10, 2012**



The Monroe County YMCA offers full day summer camp for ages 3-15.  
Contact Jennifer Eggleston for more information at [jeqqlestone@ymcaswil.org](mailto:jeqqlestone@ymcaswil.org) or 618.281.9622

# YOUTH AQUATICS

## Parent/Child Swim Lessons (6-36 mos.)

### Shrimp/Kipper

Age 6-12 months with parent. An introduction to water, including safe exploration. Utilizes increased motor development of child to add basic water skills using songs and games.

### Inia/Perch

Age 13-36 months with parent. Children add more exploration and begin using arms and legs in class upon cue from parents.

## Preschool Swim Lessons (ages 2.5-5 yrs.)

### Pre-Pike

Age 2.5-5 Beginner. An easy approach to first lessons without mom or dad. *Ratio: four students to one instructor.*

### Pike

Age 3-5 Beginner. Age 3-5 Beginner. This class is an introduction to water. The student will learn movement through the water with the aid of floatation devices. They will learn basic water and boating safety. *Ratio: five students to one instructor.*

### Eel

Age 3-5 Intermediate. For children who can swim 15 feet with faces in the water and no floatation. Reviews and improves stroke skills on front, back and side, builds endurance. *Ratio: five students to one instructor.*

### Ray

Age 3-5 Intermediate/Advanced. For children who can swim 15 feet with faces in the water and no floatation. Reviews and improves stroke skills on front, back and side, builds endurance, teaches treading water. *Ratio: five students to one instructor.*

### Starfish

Age 3-5 Advanced. At this level, students will increase their endurance by swimming longer distances. They will learn the

back crawl and elementary backstroke. Boating safety and basic synchronized swimming skills will also be a component. *Ratio: five students to one instructor.*

## Youth Swim Lessons (ages 6-14 yrs.)

### Polliwog/Polliwog Plus

Age 6-12 Beginner. Swimmers will be introduced to the water, and be taught floating, gliding, kicking, rhythmic breathing, and learn new games. Victim/danger recognition and beginner synchronized swimming skills will be taught. *Ratio: six students to one instructor.*

### Guppy

Age 6-12 Beginner. At this level, the swimmers will increase their endurance levels, learn the front and back somersault, and be taught the front crawl with rotary breathing. *Ratio: six students to one instructor.*

### Minnow

Age 6-12 Intermediate. Swimmers will learn to dive, be introduced to the scissors kick and back crawl, extend the amount of time they can float, and enhance their synchronized swimming and first aid skills. Students should be able to swim the front crawl 25 yards to enroll in this class. *Ratio: six students to one instructor.*

### Fish

Age 6-14 Intermediate. Students will increase their distance swimming the front and back crawls. They will learn the dolphin kick, breaststroke, kick, and the elementary backstroke. More First Aid and synchronized swimming skills will be taught. Students should be able to swim 25 yards of the front and back crawl to register for this class. *Ratio: eight students to one instructor.*

Flying Fish/Shark Age 6-14 Advanced. Students will work on refining their strokes and increasing their endurance with starts and turns. Students should be able to swim 200 yards of front crawl and 50 yards of each other stroke to register for this class. A focus on swim team skills. *Ratio: eight students to one instructor.*

Parent/Child and Pre-Pike Classes:

Members: \$34

Non-Members: \$68

Preschool and Youth Classes:

Members: \$39

Non-Members: \$73

**Days and times on next page.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10am Pre-Pike	4:30-5:15pm Polliwog Guppy Minnow	9:30-10am Pre-Pike	4:30-5:15pm Pike Eel	9:30-10am Inia/Perch	8:30-9am Shrimp/Kipper Pre-Pike
10-10:45am Pike	5:15-6pm Pike Polliwog Guppy	10-10:45am Pike	5:15-6pm Polliwog Guppy	10-10:30am Pre-Pike	9-9:45am Pike Ray Polliwog Minnow Flying Fish/Shark
5:15-6pm Pike Eel Ray Starfish Guppy Minnow Fish	6-6:45pm Eel Starfish	5:15-6pm Pike Polliwog	6-6:45pm Eel		9:45-10:30am Pike Eel Polliwog Minnow
6-6:30pm Pre-Pike Inia/Perch	6:45-7:15pm Pre-Pike	6-6:30pm Pre-Pike	6:45-7:15pm Pre-Pike		10:30-11:15am Pike Eel Guppy Minnow
6:30-7:15pm Pike Eel Guppy Minnow	7:15-8pm Minnow Fish	6:30-7:15pm Pike Eel Starfish Polliwog Guppy			
7:15-8pm Polliwog Minnow		7:15-8pm Ray Polliwog Guppy Minnow			

### Private Swim Lessons

#### **Private Swim (all ages)**

Private one-on-one swim instruction with a certified instructor. Group private lessons for two or three also available. Private Lesson Requests available at Service Center.

### Boy Scout / Girl Scout Water Badges

#### **Boy Scout/Girl Scout Water Badges**

This class covers everything Scouts need to complete their Water Badges. Contact Jennifer at [jeggleston@ymcaswil.org](mailto:jeggleston@ymcaswil.org) to set up appointment. \$4 per Scout.

### Aquatics Lap Swim & Open Swim

\*\*During Open Swim, children under the age of 8 must be accompanied in the water by a responsible adult age 18 years or older. Children ages 8-13 may participate in Open Swim as long as they pass a swim test and parent remains in the facility. Lap Swim is for those who can swim down and back the length of the pool.

\*\*Swim Test:

- Jump into water over individual's head and return to surface.
- Tread water for at least one minute.
- After completing the above, swim unassisted to a ladder and climb out of the pool.
- If passed, swimmer will be marked with a wristband.

# Youth Health & Fitness and Sports Programs

## **Youth Fitness Center and Track Orientation**

Youth may enroll in this class at age 12 or older. Without this class, members must be 13 years of age to use the Fitness Center. Covers Fitness Center rules, proper and safe machine usage, seat adjustments, and development of a basic exercise program, as well as safety, etiquette and rules for the indoor track. Program available to members only, make appointments at service center.

**Program: Youth Fitness Center and Track Orientation**

Meets: By appointment in Fitness Center

Members- Free

## **Karate**

Age: 6 and up, Beginner to Black belt karate program designed to teach students all aspects of traditional and sport karate: basic techniques, stances kata, self-defense and sparring. A great family activity where students gain self-confidence, self-esteem, and self-discipline while getting in shape and learning defense skills. Classes are held in seven week sessions. With two children enrolled, parents may join the class: \$10 for members, \$25 for non-members.

**Program: Karate**

Meets: Mon/Wed 6:30-8pm, North Gym

Members- \$50,

Non-Members- \$72

# COMING SOON... T-BALL AND COACH PITCH

CONTACT BECKY KEIGHTLEY FOR  
MORE INFORMATION AT  
[rkeightley@ymcaswil.org](mailto:rkeightley@ymcaswil.org)



# Tumbling and Dance

Please have participants dressed in tightly fitted clothing for Tumbling classes. No shoes/socks on the mats, no jewelry, gum, drinks, or food in the Gym.

## **Tumbling Tots I & II (ages 18-36 months)**

This class is designed for parent/child interaction. Children will be taught coordination and skills, body awareness as well as tumbling basics.

<b>Program: Tumbling Tots I (18-24 mo)</b> Meets: Wednesdays 10:30-11:15am North Gym Members- \$38 Non-Members \$72	<b>Program: Tumbling Tots II (24-36 mo)</b> Meets: Mondays 5:45-6:30pm North Gym Members- \$38 Non-Members \$72
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## **Building Basics (Beginner, ages 3-5)**

For children ages 3-5. Led by an instructor without parent assistance, still reconfirming tumbling basics, but introducing more skills.

<b>Program: Building Basics</b> Meets: Wednesdays 5:45-6:30pm North Gym Members- \$38 Non-Members \$72
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## **Beginning Tumbling I (ages 6+)**

For children 6 and up, this class focuses on tumbling beginning at forward rolls through front and back walkovers.

<b>Program: Beginning Tumbling</b> Meets: Thursdays 6-7pm North Gym Members- \$45, Non-Members \$78
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## **Advanced/Cheer Tumbling (ages 8+)**

Students will learn to perform more advanced tumbling maneuvers. A power tumbling class designed for ages 8 and up. Works on back hand springs and aerial tumbling. Must have permission from lead instructor to register for class. Contact Becky Keightley at [rkeightley@ymcaswil.org](mailto:rkeightley@ymcaswil.org) for more information.

<b>Program: Advanced /Cheer Tumbling</b> Meets: Thursdays 7-8pm North Gym Members- \$45, Non-Members \$78
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## **Private Gymnastics lessons**

Please contact Becky Keightley at [rkeightley@ymcaswil.org](mailto:rkeightley@ymcaswil.org) for more information on private gymnastic lessons.

# Youth & Teen Programs

## **CHILDREN'S CENTER**

We'll watch your little ones (ages 6 weeks to 12 years) while you work out...free with your household membership! Children enjoy active play, explore their creativity, or read a book in a friendly, colorful and well-supervised environment designed just for kids!

### **Children's Center Hours are:**

Monday-Thursday 8am-12:30pm and 4-9pm  
Friday 8am-12:30pm and 4-8pm  
Saturdays 8:30am-1pm

## **Bright Beginnings Child Development Program**

YMCA Bright Beginnings is a part-day program, 2 or 3 days, that provides fun, socialization, and developmentally appropriate experiences for potty-trained children, ages 3-5 years. We provide activities that stimulate learning through play. For more information contact Jennifer Eggleston or Gale Bell at 618-281-9622. Registration is still available for the remainder of the 2011-2012 school year. Registration information for the 2012-2013 school year coming soon.

## **YMCA Teen Leaders Club (Ages 11-18)**

Learn what it takes to develop relationships, enhance decision-making skills, foster goodwill, and become a valuable resource in your community through the YMCA Teen Leader's Club! Take part in recreational activities, YMCA and community volunteer projects, leadership rallies, service learning projects, fundraising, and more. A great way to make new friends and open to non-members! To be a part of this excellent program, join us for our next meeting!

### **Program: Teen Leaders**

Meets: 2<sup>nd</sup> & 4<sup>th</sup> Wed of each month 6:30-8:00pm  
Community Room 2

# Parties & Rentals

## **Splash Parties**

Bring your friends and we'll provide the pool and the fun! Great for birthday parties, scout groups, church groups, or just a group of friends! See the service center for details, fees and availability. Parties are available Saturdays and Sundays, 2-4pm.

## **Children's Center Parties**

Bring your friends to enjoy an afternoon of play and party... great for birthday parties! See the service center for details, fees and availability. Parties are available Saturdays and Sundays, 2-4pm.

**Gym/Community Room Rentals are available- contact service center for pricing and availability.**



# Family Programs

## **Parents' Night Out**

Drop off the kids at the Y and enjoy a night out...they'll swim, make crafts, play games, make new friends, and watch movies. Young ones must be potty trained. Price includes snacks and a light meal. Parents must enter the building to drop off/pick up child. Ages 4-13, pre-registration preferred! For more information call Ashley at 618-281-9622. Offered 3<sup>rd</sup> Saturday of each month!

### **Program: Parents' Night Out**

Meets: 3<sup>rd</sup> Saturday of each month, 6pm-11pm

Pre-Registration: Members- \$15, Non-Members \$23

Day-Of Registration: Members- \$20, Non-members \$28

Families with 2 or more children \$25

# Active Older Adults (AOA) Programs

AOA...stands for Active Older Adults! YMCA Active Older Adult programs are designed to enrich the lives of people who are in their middle and older years by helping them stay active and healthy. At the YMCA, older adults have a place to go to improve their fitness levels, explore new interests and make new friends! All AOA programs are free to members and non-members, except Day Trips and specialty classes.

## **AOA Potlucks**

Join us for a fun-filled event of socializing...and enjoy great eats as well. Play mind stimulating games. Special speakers on topics ranging from community to health. Bring a dish to share. Bring a friend!

### **Program: AOA Potluck**

Meets: 3<sup>rd</sup> Wednesday of each month, Noon, in the Gymnasium

## **AOA Cards**

Come enjoy fun and fellowship! Pinochle, Rummy, Dominoes, Canasta are among the games played.

### **Program: AOA Cards and Dominoes**

Meets: Fridays, 10am, Community Rooms

### **Program: AOA Canasta**

Meets: Tuesdays, 10am, Community Rooms

# COMING SOON... DAY TRIPS FOR AOA!

Contact Cheryl Altrogge for more information at [caltrogge@ymcaswil.org](mailto:caltrogge@ymcaswil.org)



# Adult Sports

## **Volleyball**

Adult co-ed volleyball leagues forming now for Tuesday night Spring league. (2/14/12-4/03/12 ) Must be 16 or older.

**Program: Adult Volleyball**

Meets: Tuesday evenings

Team Fee: \$150

## **Tap**

Tap steps and routines set to music from the 30's to the 90's! Advanced routines will be taught and the class will participate in community performances. (Not for the beginning or intermediate tap person)

**Program: Tap Team**

Meets: Tues, 4-4:55 pm

Members-FREE

Non-members -\$35

# Adult Health & Fitness Programs

## **YMCA Weight Loss Challenge**

FREE 14 week weight loss challenge that includes weekly lectures by a certified personal trainer and nutritionist. Group fitness/nutrition consultation is an open forum where you learn about many health/wellness concepts in order to help you reach your weight loss goals. The winner of the challenge will win 3 FREE personal training sessions, and the second place winner will receive 1 FREE personal training session.

**Program: YMC Weight Loss Challenge**

Meets: Tues, 10:30-11:30am in Aerobic Room

Members only- Free

## **Personal Training**

One-on-one instruction that incorporates goal setting and health education into challenging training sessions specially designed for your individual needs. Your certified personal trainer will instruct you on proper technique and motivate you to achieve your fitness goals. By appointment only, for members only. Group personal training available as well, contact service center for pricing.

**Program: Personal Training**

1 session = 1 hour

Meets: By appointment

**Member Pricing:**

1x for \$35      10x for \$260

3x for \$105    15x for \$365

6x for \$170    30x for \$700

## **YMCA Personal Fitness (YPF) (ages 18+)**

Work with a personal fitness coach to map out a fitness program that works for YOU! A 12-week program designed to help those who are new to exercise, returning after a lengthy absence, unable to establish an exercise routine, or coming back from an injury or illness. You will meet with a personal fitness coach four times over a 12-week period. Your coach will monitor your progress and provide feedback on a weekly basis. Individual exercise sessions are completed at your convenience with fitness coaches available to answer questions. Program is available to members only.

**Program: YPF**

Meets: By appointment

Register at Service Center

Members only - Free

### **Fitness Assessment / Body Composition**

Assess your current fitness level and identify training needs. We will evaluate your cardiovascular endurance, flexibility, muscular strength, and muscular endurance. Contact Becky for more information.

<b>Program: Fitness Assessment/Body Composition</b>
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Meets: By appointment in Fitness Center
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Members only - Free
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### **Fitness Center Orientations**

Learn to safely operate all fitness/cardiovascular equipment using proper technique for optimum benefits. We'll get you started on a safe and effective workout program or revamp your current program. Appointments may be made at the service center.

<b>Program: Fitness Center Orientation</b>
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Meets: By appointment in Fitness Center
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Members only - Free
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## **Small Group Training**

Want to try it before you sign up for the entire session? Or have a crazy schedule? Our drop in rate, per class is \$5 for members or \$7 for non-members if space is available. Session fees are for one class per week for seven weeks.

### **TRX Xtreme**

The original bodyweight-based training tool that builds strength, balance, flexibility and core stability for people of all fitness levels.

<b>Program: TRX Xtreme</b>	<b>Program: TRX Xtreme</b>
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Meets: Tuesdays, 5:30-6:30am, South Gym	Meets: Thursdays, 5:30-6:30am, South Gym
Members- \$20, Non-Members \$40	Members- \$20, Non-Members \$40

### **Fit-N-Ripped**

A hybrid group exercise course run by certified personal trainers designed for any fitness level. This class incorporates all aspects of fitness using many exercise modalities including TRX, kettlebell and boot camp in a motivating and intense atmosphere. This class addresses individual needs in a group setting.

<b>Program: Fit-N-Ripped</b>	<b>Program: Fit-N-Ripped</b>
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Meets: Mondays, 9-10am South Gym	Meets: Wednesdays, 9-10am South Gym
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Members- \$20, Non-Members \$40	Members- \$20, Non-Members \$40
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<b>Program: Fit-N-Ripped</b>
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Meets: Wednesdays, 6-7pm South Gym
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Members- \$20, Non-Members \$40
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# Group Exercise

The Monroe County YMCA's Adult fitness classes offer a variety of programs created for the beginner to advanced level individual. All classes meet in the Aerobics Room, unless otherwise noted.

**20/20/20:** Want to get your cardio, strengthening, & stretching all done in one class? Well, then come try cardio with us for 20 minutes, followed by strengthening the entire body using your own body weight, then followed by yoga.

<b>Program: 20/20/20</b> Meets: Tuesdays 8:15-9:10 am CR 1/2/3
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**30-Minute Abs:** Trim up your mid-section with this short workout! Learn proper exercises and form to strengthen front and rear abdominals.

<b>Program: 30-Minute Abs</b> Meets: Mondays and Wednesdays 5:25-5:55pm	<b>Program: 30-Minute Abs</b> Meets: Saturdays 9-9:30am
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**ABC Fitness:** Participants will strengthen and define their abs, butts and core using hand weights body bar, stability balls and various resistance bands and tubes.

<b>Program: ABC Fitness</b> Meets: Tuesdays 5-5:55pm
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**Beginners Step:** For individuals just starting a fitness program or working back to a healthy lifestyle. Class will focus on basic, easy-to-follow routines to get you comfortable with Step Aerobics.

<b>Program: Beginners Step</b> Meets: Wednesdays 7-7:55pm
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**Bodyworks:** If you want variety in a cardio workout, check out Bodyworks! This coed class uses hand weights and various resistance tubes for hands and feet to target and tone upper/lower muscles and the abs!

<b>Program: Bodyworks</b> Meets: Thursdays 9:15-9:55am
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<b>Program: Bodyworks</b> Meets: Fridays 8:15-9:10am
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**Boot Camp:** This great combination of fitness, motivation and guidance will get you energized for the day. Cardiovascular cross-training, strength training, ab work, and "military-style" exercises will help break through plateaus and give you a new routine to follow for your fitness needs!

<b>Program: Boot Camp</b> Meets: Mondays, Wednesdays and Fridays 6-6:55am	<b>Program: Boot Camp</b> Meets: Wednesdays 6-6:55pm
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**Core Motion:** Get on the ball in this dynamic class using a large stability ball. Engage your core muscles during the entire class and improve cardiovascular fitness, strength, stability, and balance.

<b>Program: Core Motion</b> Meets: Tuesdays and Thursdays 8:15-9:10am
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**Kettlebell:** Kettlebells are traditional cast-iron weights resembling a cannonball with a handle. This workout can produce impressive gains in the legs, hips, and shoulders, and help you use your body as one unit instead of individual parts.

<b>Program: Kettlebell</b> Meets: Tuesdays 9:15-10:10am	<b>Program: Kettlebell</b> Meets: Tuesdays and Thursdays 7-7:55pm
<b>Program: Kettlebell</b> Meets: Fridays 9:30-10:25 am	<b>Program: Kettlebell</b> Meets: Saturdays 8:30-9:25am Community Rooms

**Silver Sneakers Range of Motion :** This class designed to increase strength, range of motion, agility, balance, and coordination and to improve participants' functional capacities, physical fitness level, and sense of well-being.

<b>Program: Silver Sneakers ROM</b> Meets: Mondays and Wednesdays 10:15-11am
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**Step-n-Sculpt:** For those having step experience and are ready for a powerful workout. You will learn challenging combinations designed for the intermediate to advanced stepper. Upper body/abdominals included.

<b>Program: Advanced Step-n-Sculpt</b> Meets: Mondays 6-6:55pm	<b>Program: Advanced Step-n-Sculpt</b> Meets: Saturdays 8-8:55am
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**Stretch for Health/ Pilates:** During the Stretch for Health portion of the class learn to properly stretch all major muscle groups in a short, easy format that offers dramatic gains in day-to-day activity. As we move into Pilates, we'll condition the entire body, focusing on using abs, lower back, hips, and buttocks. Lengthen, strengthen, and re-shape your body without joint stress. Based on philosophy that mind/body must work together to achieve fitness.

<b>Program: Stretch for Health/Pilates</b> Meets: Mondays 9:15-10:10am	<b>Program: Stretch for Health/Pilates</b> Meets: Fridays 10:30-11:25am
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**Tai Chi:** Tai Chi is a 2,000 year old non-competitive, self-paced system of gentle physical exercise that's been shown to reduce stress and improve health, balance, and agility. It's sometimes described as '*meditation in motion*'.

<b>Program: Tai Chi</b> Meets: Mondays 10:30-11:25am Community Rooms	<b>Program: Tai Chi</b> Meets: Wednesdays 9:15-10:10am
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**Total Body Sculpting:** Work on the body basics in this invigorating class. This coed class uses hand weights, body bars, stability balls and various resistance tubes for hands and feet to target and tone upper/lower muscles and the abs!

<b>Program: Total Body Sculpting</b> Meets: Mondays and Wednesdays 8:15-9:10 am	<b>Program: Total Body Sculpting</b> Meets: Mondays 7-7:55pm
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**Yoga: Fitness Yoga/Beginner Yoga/Power Yoga/Yoga Basic:** Restore yourself and find balance in these classes, providing increases in strength, flexibility, and posture and decreases in stress. All participant levels welcome.

<b>Program: Fitness Yoga</b> Meets: Tuesdays and Thursdays 6-7:15pm Community Room	<b>Program: Power Yoga</b> Meets: Thursdays 8:15-9:10am Community Room	<b>Program: Yoga Basic</b> Meets: Fridays 8:15-9:10am Community Room
<b>Program: Beginner's Yoga</b> Meets: Saturdays 10:35-11:30am	<b>Program: Silver Sneakers Yoga Stretch</b> Meets: Thursdays 10-10:45am	

**Zumba:** Zumba provides participants with energetic music while strengthening the body and increasing range of motion through Latin dance-based movements. Ditch the workout, Join the Party!

<b>Program: Zumba</b> Meets: Tuesdays and Thursdays 6-6:55pm	<b>Program: Begin. Zumba</b> Meets: Thursdays 5-5:55pm
<b>Program: Zumba</b> Meets: Saturdays 9:35-10:30am	<b>Program : Zumba</b> Meets: Sundays, 2-2:55pm

## Cycling

**Cycling:** One of the best all-around fitness classes available, combining cardiovascular endurance with strengthening in a fun, motivated atmosphere, all led by certified instructors. Indoor cycling builds leg strength, increases fat burning, enhances cardiovascular health, and offers a reduced risk of injury.

**Yoga Cycle:** If you like interval training, this is the class for you. Combines yoga and cycling.

- Please bring one or two bottles of water and a towel to any class.
- Signups are available at the Service Center up to 3 days before the class (ex. Thurs. class = Mon. signup).
- Registration is necessary to participate in any class, as bikes are reserved with a signup
- Cycling classes are open to members only

<b>Program: Begin. Cycle</b>	<b>Program: Cycle</b>	<b>Program: Yoga Cycle</b>
Tuesdays 6-6:45am	Mondays 9:30-10:15am	Mondays 8:15-9:10am
Tuesdays 5-5:45pm	Mondays 6-6:55pm	Tuesdays 7:15-8:15pm
Thursdays 5-5:45pm	Mondays 7:15-8pm	Wednesdays 8:15-9:10am
Thursdays 7:15-8pm	Wednesdays 6-6:55pm	
Saturdays 9:45-10:30am	Thursdays 9:15-10am	
	Fridays 8:30-9:15am	
	Fridays 6-6:55pm	

## Water Fitness Class Descriptions

**Aqua Aerobics:** A mild cardiovascular workout in the shallow end of the pool using water as resistance. Combines a light aerobic workout with muscle strengthening and flexibility. For all fitness levels.

<b>Program: Aqua Aerobics</b> Meets: Tuesdays and Thursdays 6:45-7:30am	<b>Program: Aqua Aerobics</b> Meets: Tuesdays and Thursdays 11-11:45am	<b>Program: Aqua Aerobics</b> Meets: Tuesdays and Thursdays 7-7:45pm
<b>Program: Aqua Aerobics</b> Meets: Fridays 10-10:45am	<b>Program: Aqua Aerobics</b> Meets: Saturdays 7-7:45am	

**Arthritis Aquatic Program:** The Arthritis Foundation/YMCA Water Exercise program is open to anyone with arthritis or joint problems. Participants perform a series of specially designed exercises to increase joint range-of-motion, strengthen muscles and build endurance.

<b>Program: AquArthritis</b> Meets: Tuesdays and Thursdays 12-12:45pm
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**Aqua Boot Camp:** NEW\*\* Aqua Boot Camp is the ultimate water fitness work out! There will be variety to the extreme including shallow and deep water workouts.

<b>Program: Aqua Boot Camp</b> Meets: Tuesdays and Thursdays 8-8:45am
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**Aqua Variety:** Bored doing the same thing each class? Try this class and get a variety of workouts including shallow and deep water workouts.

<b>Program: Aqua Variety</b> Meets: Mondays and Wednesdays 6:45-7:30am	<b>Program: Power Variety</b> Meets: Mondays and Wednesdays 9-9:45 am
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**Aqua Zumba®** – Known as the Zumba "pool party" Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

<b>Program: Aqua Zumba</b> Meets: Tuesdays and Thursdays 9-9:45am
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**Deep Water Aerobics:** Tone and firm while performing no-impact aerobic exercise in the deep water. Includes warm up, stretching, aerobics, and cool down.

<b>Program: Deep Water</b> Meets: Mondays and Wednesdays 8-8:45am	<b>Program: Deep Water</b> Meets: Fridays 9-9:45am
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**Power Aquacise:** A high level cardiovascular workout using properties of water and held in shallow depth. Combines a vigorous aerobic workout with muscle strengthening and flexibility.

<b>Program: Power Aqua</b> Meets: Mondays and Wednesdays 10-10:45am
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**Water Relaxation:** Gentle, slow moving exercises, performed in shallow water, improve muscle tone and flexibility which may ease problems associated with arthritis. A great beginner fitness program, ideal for all ages.

<b>Program: H2O Relax</b> Meets: Tuesdays and Thursdays 10-10:45am
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