



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

# **HAPPY NEW YEAR!**

**Program Guide  
Winter 2012**

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



Proud member of

**United Way  
of Greater St. Louis**



# Winter Session

<u>DATES</u>	<u>MEMBER REGISTRATION BEGINS</u>	<u>OPEN REGISTRATION BEGINS</u>
<b>January 2-February 19</b>	<b>December 12</b>	<b>December 19</b>

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

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### Dates, Times and Fee Schedules

Individual branch schedules listing classes, dates, times, and fees are available online at [www.ymcaswil.org](http://www.ymcaswil.org)

### Register for a Class/Program

Call or sign up in person at any branch! 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 Operations... [eneill@ymcaswil.org](mailto:eneill@ymcaswil.org)
- Jennifer Eggleston- Program Director (Aquatics, Family, Teen, Camp)... [jeqqleston@ymcaswil.org](mailto:jeqqleston@ymcaswil.org)
- Rebecca Keightley- Program Director (Sports, Fitness)... [rkeightley@ymcaswil.org](mailto:rkeightley@ymcaswil.org)
- Cheryl Altrogge- Executive Assistant... [caltrogge@ymcaswil.org](mailto:caltrogge@ymcaswil.org)
- Terri Morstatter- Housekeeping Supervisor... [tmorstatter@ymcaswil.org](mailto:tmorstatter@ymcaswil.org)
- Larry Pierson- Sports Coordinator... [lpierson@ymcaswil.org](mailto:lpierson@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**

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

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## 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/Adv. 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!**

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

### **Private Swim Lessons**

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

Private one-on-one, swim instruction with a certified instructor. Group private lessons for 2 or 3 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 developing 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

### **Youth Basketball League (YBL)**

This league is for Boys and Girls grades K-12. Grades K-2 will only play games at the YMCA they register at. Grades 3-12 will be divided by classification given by coaches (If numbers allow.) Games start January 21<sup>st</sup>, practices start first week of January

**Program:YBL**  
Games begin Saturday, Jan. 21st  
Members-\$63 , Non-Members- 89

## **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 2011-2012 school year.

### **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 nonmembers! 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 and Bounce House Rentals are available- contact service center for pricing and availability**

## **Family Programs**

### **Parents' Night Out**

NEW EXTENDED HOURS! 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, Gymnasium

### **AOA Cards and Dominoes**

Pinochle, Rummy, Dominoes, and Kloepper are among the games played every Friday at 10am. Come enjoy fun and fellowship.

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

Meets: Fridays, 10am, Community Rooms

### **AOA Canasta**

Every Tuesday at 10am!

#### **Program: AOA Canasta**

Meets: Tuesdays, 10am, Community Rooms

## Adult Sports

### **Volleyball**

Adult co-ed volleyball leagues forming now for Winter (12/6/11-1/24/12)! Must be 16 or older.

<b>Program: Adult Volleyball</b> Meets: Tuesdays/Thursdays Team Fee: \$150
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## 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.

<b>Program: YMC Weight Loss Challenge</b> Meets: Tues, 10:30-11:30am in Aerobic Room Members only- Free
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### **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.

<b>Program: Personal Training</b> 1 session=1 hour Meets: By appointment	<b>Member Pricing:</b> 1x for \$35      10x for \$260 3x for \$105     15x for \$365 6x for \$170     30x for \$700
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### **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.

<b>Program: YPF</b> Meets: By appointment Register at Service Center Members only- Free
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### **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 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 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**

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

<b>Program: TRX</b>	<b>Program: TRX</b>
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Meets: Tuesdays, 5:30-6:30am, South Gym Members- \$20, Non-Members \$40	Meets: Thursdays, 5:30-6:30am, South Gym Members- \$20, Non-Members \$40
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### **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 Members- \$20, Non-Members \$40	Meets: Wednesdays, 9-10am South Gym 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 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.

**Program: 20/20/20**  
Meets: Tues, 8:15-9:10 am, CR 1/2/3

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

**Program: ABC Fitness**  
Meets: Tues, 5-5:55pm

**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.

**Program: Beginners Step**  
Meets: Wed, 7-7:55pm

**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: Thurs, 9:15-9:55am	
<b>Program: Bodyworks</b> Meets: Fri 8:15-9:10am	

**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: Mon 6-6:55am	<b>Program: Boot Camp</b> Meets: Wed 6-6:55am	<b>Program: Boot Camp</b> Meets: Wed 6-6:55pm	<b>Program: Boot Camp</b> Meets: Fri 6-6:55am
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**Cardio Tap:** In the Beginner/Intermediate class, learn to tap dance using simple tap steps and routines set to music from the 30's to the 90's, great cardio workout! In the Advanced class, advanced routines will be taught and the class will participate in community performances. (Advanced class is not for the beginning or intermediate tap person)

**Program: Intermediate/Advanced Cardio Tap**  
Meets: Tues, 4-4:55 pm  
\*\*Participates in community performances.

**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: Tues 8:15-9:10am	<b>Program: Core Motion</b> Meets: Thur 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: Tues 9:15-10:10am	<b>Program: Kettlebell</b> Meets: Tues 7-7:55pm	<b>Program: Kettlebell</b> Meets: Thur 7-7:55pm
<b>Program: Kettlebell</b> Meets: Fri 9:30-10:25 am	<b>Program: Kettlebell</b> Meets: Sat. 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 participates' functional capacities, physical fitness level, and sense of well-being.

<b>Program: Silver Sneakers ROM</b> Meets: Mon 10:15-11am	<b>Program: Silver Sneakers ROM</b> Meets: Wed 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: Mon 6-6:55pm	<b>Program: Advanced Step-n-Sculpt</b> Meets: Sat 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: Mon 9:15-10:10am	<b>Program: Stretch for Health/Pilates</b> Meets: Fri 10:30-11:25am
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**Tai Chi:** Tai Chi is a 2,000 year old noncompetitive, 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: Mon 10:30-11:25am, Community Rooms	<b>Program: Tai Chi</b> Meets: Wed 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: Mon 8:15-9:10 am	<b>Program: Total Body Sculpting</b> Meets: Mon 7-7:55pm	<b>Program: Total Body Sculpting</b> Meets: Wed 8:15-9:10 am
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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: Tues and Thurs 6-7:15pm, Community Room	<b>Program: Power Yoga</b> Meets: Thur 8:15-9:10am, Community Room	<b>Program: Yoga Basic</b> Meets: Fri 8:15-9:10am, Community Room
<b>Program: Beg. Yoga</b> Meets: Sat 10:35-11:30am	<b>Program: Silver Sneakers Yoga Stretch</b> Meets: Thur 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: Tues, 6-6:55pm	<b>Program: Begin. Zumba</b> Meets: Thur, 5-5:55pm
<b>Program: Zumba</b> Meets: Thur, 6-6:55pm	<b>Program: Zumba</b> Meets: Sat, 9:35-10:30am

## 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>
Tues, 6-6:45am	Mon, 9:30-10:15am	Mon, 8:15-9:10am
Tues, 5-5:45pm	Mon, 6-6:55pm	Tues, 7:15-8:15pm
Thurs, 5-5:45pm	Mon, 7:15-8pm	Wed, 8:15-9:10am
Thur, 7:15-8pm	Wed, 6-6:55pm	
Sat, 9:45-10:30am	Thur, 9:15-10am	
	Fri, 8:30-9:15am	
	Fri, 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: Tues/Thurs 6:45-7:30am	<b>Program: Aqua Aerobics</b> Meets: Tues/Thurs 11-11:45am	<b>Program: Aqua Aerobics</b> Meets: Tue/Thurs 7-7:45pm
<b>Program: Aqua Aerobics</b> Meets: Fri 10-10:45am	<b>Program: Aqua Aerobics</b> Meets: Sat 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: AquaArthritis</b> Meets: Tues/Thurs 12-12:45pm
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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: Mon/Wed 6:45-7:30am	<b>Program: Power Variety</b> Meets: Mon/Wed 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: Tues/Thurs 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: Mon/Wed 8-8:45am	<b>Program: Deep Water</b> Meets: Fri 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: Mon/Wed 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: Tue/Thur 10-10:45am
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