

GROUP FITNESS

G=Garrett
M=Main St.
N=North St

ALL GROUP FITNESS CLASSES ARE FREE TO OUR MEMBERS

WWW.YMCADEKALE.ORG

Price non-member: 1 day/week class \$25, 2 days/week class \$50, 3 days/week class \$75

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(N) **SATURDAY MIXER** Our Instructor leads a fun-filled class which includes whole body workout, toning, strengthening and heart pumping exercises. Start your weekend on track. All ages welcome. **Saturday 8:30-9:15am**

(G) **INSTRUCTORS CHOICE** A high energy workout. Incorporating strength, cardio and stretching. Something different every class. **T 5:30-6:15pm**

(G,N) **YOGA** This class is designed for strength, flexibility, balance and concentration, while emphasizing body alignment, spinal extension and muscular balance.
Garrett: M, W 6:30-7:15pm North St.: Saturday 8:15-9:00am

(G) **BODY FIT** Enjoy this overall body workout, with some cardio added. Toning, stretching and flexibility in each class. All fitness levels welcome.
T, TH 8:00-8:45am

(N) **ZUMBA** Join our instructors in a fun filled class of dance. Join those who'd rather have a blast. Join the party! **T 7:15-8:00pm**

(N) **TOTAL BODY** A muscular conditioning class working all major muscles using handheld weights, bands and tubes. This class focuses on toning and strength.
M, W 6:15-7:00pm

(N) **CORE BODY** This workout promotes strength, stability and coordination. A great workout for the abs, back and oblique's using balls and non-resistant training methods. **T, TH 6:00 - 6:25pm**

(M) **GROUP CYCLING** A great cardio journey using stationary bikes. The workout includes jumps, climbs, and sprints. Interval training at its best set to motivational music. Come no more than 30 minutes before class starts to get your number for a bike at the front desk. **T, TH 8:10-8:55am M, W, F 9:00-9:45am M, W 5:15-6:00pm Sat 8:15-9:00am MEMBERS ONLY**

(N) **JAZZERCISE** A well-rounded workout combining elements of jazz dance, resistance training, Pilates, Yoga, Kickboxing and more for every age and fitness level.
M, W 5:05-6:05pm

(N) **TOTALLY TONED** This cardio, strength and endurance workout uses hand weights, tubes, bands, bars and a variety of other equipment to tone the body and help meet your fitness goals. **M, W, F 8:00-8:45am T, TH 6:30-7:15pm**

(M) **WOMAN ON WEIGHTS** Using free weights, this class will help define your muscles through isolation and concentration with one-on-one instruction by a qualified instructor. **T, TH 9:00-9:45am**

(N) **SILVER SNEAKERS** Muscular Strength and Range of Movement.
M, W, F 10:30-11:15am

(N) **TOT TIME** Children ages 3-7 can come in the Family Fitness Center with an Adult. **M 10:00-10:30am, T 6:30-7:00pm**

*Classes are subject to change, please see front desk for updates.

Summer session June 21-August 15, 2010

6-30-10

June 21-August 15, 2010

FREE AQUA FITNESS CLASSES



NORTH STREET POOL

Arthritis Plus:

Mon/Wed/Fri
8:00am-8:45am
Fee: **FREE / member**
\$75.00 / non-member

Seniorcise:

Tues/Thurs/Fri
10:30am-11:30am
Fee: **FREE / member**
\$75.00 / non-member

Aqua Aerobics:

Mon/Wed/Fri
8:45am-9:30am
Fee: **FREE / member**
\$75.00 / non-member
and
Tuesday / Thursday:
7:00pm-7:45pm
Fee: **FREE / member**
\$50.00 / non-member

Sessions are eight weeks long

GARRETT COMMUNITY YMCA POOL

Due to mechanical issues: The Garrett Community YMCA pool will be closed until further notice. Please visit our North Street pool.

Please call for current schedule for:
Open Swims, Lap Swims and Open Gyms.
925-9622



LIVE FIT

**Coming Fall of 2010.
Learn to make the
lifestyle changes to
LIVE FIT**