

Summer Wellness

Healthy Happy Hour *Melissa Dally*
 Mondays and Wednesdays 4:30-5:30 PM
 This class features a Caribbean-style of music, a fun-filled workout and a light end to your day.

Butts and Guts *Melissa Dally*
 Mondays and Wednesdays 5:30-6:30 PM
 Butts and Guts has quickly become a YMCA favorite. Tackle those problem areas through a series of circuits.

Kickboxing *Jane Thompson*
 Tuesdays and Thursdays 5:30-6:30 PM
 Saturdays 9:00-10:30 AM
 Jane's Kickboxing class is a great full-body workout using a combo of kickboxing and strength training.

Lunch Bunch *Melissa Dally*
 Mon, Tue, Thu, Fri 12:00-1:00 PM
 Melissa leads this circuit class that provides a perfect break in your day, through a mix of cardio and muscle building exercises, take your

Sue's House of Pain *Sue Feathers*
 Tuesdays and Thursdays 5:30-6:30 PM
 Burn calories, tone your body in this one-hour workout that culminates with an serious abdominal workout.

Water Fitness *Melissa Dally*
 Mondays and Wednesdays 7:00-8:00 PM
 Using the water's natural resistance, Water Fitness combines cardio moves and strength training for a great workout!

Group Fitness Classes
 Free/Members
 Ask about fitness punch cards at the desk
 \$5/Potential

Fitness PROGRAMS

Session I: May 17 - June 11
 Session II: June 21 - July 16

BIKINI BODY BOOTCAMP *Mon/Wed/Fri*
 6:30-7:30 AM
 Looking to tune your body up for summer? Join Melissa for a full-gauntlet of weight, resistance, cardio blast and circuit training first thing in the morning.
Fee: \$30/YMCA Members \$50/Potential Members

YOGA-LATES *Tue/Thu*
 6:30-7:30 PM
 Just an extension of our "regular" Yoga-Lates class, this mini-session version will meet at the same times, with the same instructor.
Fee: \$15/YMCA Members \$30/Potential Members

SUNRISE YOGA *Tue/Thu*
 6:30-7:30 AM
 With a relaxing atmosphere, Sunrise Yoga will give you a great start to your day through use of stretching and core strengthening exercising
Fee: \$15/YMCA Members \$30/Potential Members

PERSONAL TRAINING
Individually Scheduled
 Let one of our fitness staff help you reach your fitness goals. Personal Training sessions are scheduled based on your schedule and your needs.
Fee: \$15/ Single Session \$200/ 15 Sessions

SUMMER SLIM DOWN *June 1st - September 1st*
 Based on BMI measurements, each team (of two) will be tested monthly crowing the winning team (who drops the most) as champion. Sign-up before June 1st. Fee includes a program t-shirt and Non-Member fee includes a 3-month YMCA Membership!
Fee: \$10/YMCA Members \$75/Potential Members

STRONG GIRLS, STRONG MINDS *Tue/Thu*
 5:30-6:30 PM
 This is a great program for girls to gain a healthy understanding of what it means to be a strong, independent female in today's society. Girls, ages 8-12 will take part in activities such as; exercise programs, rock climbing, and crafts
Fee: \$15/YMCA Members \$30/Potential Members

Active Older Adult Fitness Classes

Free/Members \$5/Potential

Primetimers *Carol Leone*
 Mon, Wed, Fri 9:00-10:00 AM
 This class offers a great low-impact workout with exercises in stretching, strength training, cardio and yoga.

Twinges in the Hinges *Melissa Dally*
 Mon, Wed, Fri 1:00-2:00PM
 Tuesdays and Thursdays 9:00-10:00 AM
 A low-impact water aerobics class designed for those with joint problems

Sassy Seniors *Sue Feathers*
 Tuesdays and Thursdays 9:00-10:00 AM
 This class is designed to help seniors develop balance, agility, strength and more.