

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Gahanna YMCA - 614-340-3196, ext 215

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Winter 2 February 22- April 11

Registration begins: Metro Members - February 6th, 2010

Program Members - February 13th, 2010

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa	
	M	P*									
AOA	28	78				10:00-12:00PM		10:00-12:00PM			
FitStart	FREE	N/A			9:30-10:30AM	6:00-7:00PM	9:30-10:30AM	6:00-7:00PM	9:30-10:30AM	9:30-10:30AM	
Tai Chi	25	71						10:30-11:30AM			
Y-est Loser**	70	N/A			5:30-7:00PM		5:30-7:00PM				
YOGA											
Yoga**	19	53			8:30-9:25AM						
Yoga	22	62				7:00-7:55PM					
Yoga	19	53		4:00-4:55PM							
Yoga	22	62								9:00-9:55AM	
Gentle Yoga	22	62				10:30-11:25AM					
			Check out our Y-EST Loser Class! You will meet with a Personal Trainer and Dietician 2x/week for 7 weeks for only \$70! This provides a savings of over \$400 if purchased separately!!								

M = YMCA Metropolitan Member P* = YMCA Program Member (must have active Program Membership)
FREE = Free for Metropolitan Members

Register online at ymcacolumbus.org

Our mission: To serve the whole community through programs expressing
 Judeo-Christian principles that build a healthy spirit, mind and body.

2/5/2010