

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

**Jerry L. Garver YMCA - 614-834-9622**

**Fall 1 2010 September 6th - October 24th**

**Registration begins: Metro Members - July 31st Program Members- August 7th**

**\*No Classes September 6th for Labor Day\***

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
<b>Adult Fitness</b>										
Women on Weights	25		WOWA						9:15-10:15 AM	
JAB	22*		JABA		6:40-7:10 PM					
YOGA PASS	25	65	YOGA		7:10-8:10 PM		6:30-7:30PM	9:10-10:10AM		10:30-11:30AM
ZUMBA	25	65	ZUMBAW				7:40-8:40PM			
ZUMBA	25	65	ZUMBAF						10:45-11:45AM	
<b>Personal Training</b>										
1 Hour	35		Personal Training hours flexible to fit participant's needs							
6 Hour Package	180									
<b>Massage Therapy</b>										
1 Hour	60	60								
1/2 Hour	30	30								
<b>Youth Fitness</b>										
Iron Teens	25		110					6:00-7:00 PM		
Youth Conditioning	Free		110Y			6:00-7:00 PM				
Youth Conditioning	Free		110YM		6:00-7:00PM					
Youth Conditioning	Free		110YY							9:00-10:00 AM
Kids Group Fitness	Free							4:45-5:15 PM		
Kids Hip Hop	Free								5:00-5:30 PM	

**Strong Well Fit classes start September 13th, SIGN UP NOW! Ask Alicia for more information!**

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

*Register online at [ymcacolumbus.org](http://ymcacolumbus.org)*

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

8/19/2010

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## Fit Start Schedule

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
Adult Fitness										
Fit Start	<b>F</b>		FSM8		8:00A-9:00A					
Fit Start	<b>F</b>		FSM10		10:00A-11:00A					
Fit Start	<b>F</b>		FSM7		7:00P-8:00P					
Fit Start	<b>F</b>		FSW10				10:00A-11:00A			
Fit Start	<b>F</b>		FSW2				2:00P-3:00P			
Fit Start	<b>F</b>		FSW8				8:00P-9:00P			
Fit Start	<b>F</b>		FSF6						6:00P-7:00P	

**One on One Fit Starts are still available on T,TH,Sa & Su at condensed times!**

**These FitStart groups are small groups of 5, sign up now!**

**M = YMCA Metropolitan Member: ONLY available to Metro Members!**

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