

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Grove City YMCA - 614-871-9622

Kionta Carter : kcarter@ymcacolumbus.org

Fall I 2010 September 6 - October 24, 2010

Registration begins: Metro Members - July 31, 2010

Program Members - August 7, 2010

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
Iron Teens(11-15)	22		710A	1:00pm-1:45pm						
Iron Teens(11-15)	22		710B							9:30am-10:15am
FitStart	0		110A		9:30am-10:30am					
FitStart	0		110B				6:15pm-7:15pm			
FitStart	0		110C	3:30-4:30pm						
5K Club (New)	15	25	5kclub2		7:00-8:00pm					
5K Club (Returning)	10	20	5kclub1		7:00-8:00pm					

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.

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FitStart Ages 18-Adult

This is a free program designed for YMCA Metropolitan and Branch members who are new to fitness or need help beginning a fitness program. A YMCA FitStart Counselor will meet with you to design a wellness plan and exercise program to help you build a healthy lifestyle. FitStart schedules and registration requirements vary by branch. Request your personal appointment at the Member Services Desk.

Iron Teens Ages 11-15

Youth will learn how to use the cardiovascular and strength machines safely, structure a workout, and safe stretching techniques. Class completion is a requirement prior to using the fitness center without adult supervision. 100% attendance is mandatory to successfully complete this program. Youth must be 11 years at the beginning of class session.

5K Club - Meet with trainer once a week to learn running and training styles. Meet throughout the week with group to run in different areas.

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8/11/2010

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