

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Hilltop YMCA - 614-276-8224

**Contact: Lindsay Bauer, Aquatic & Fitness Director
lbauer@ymcacolumbus.org**

FALL I Sept. 7 - Oct. 24, 2010

Registration begins: Metro/Facility Members - July 31

Program Members: Aug 7

Class	\$ FEES			Code	Mo	Tu	We	Th	Fr	Sa
	M	F	P*							
Land Aerobic Pass	FREE	\$33	\$70	H103A	Classes listed in this section are included in the Land Aerobic Pass					
Boot Camp Fitness						7:15p-8:15 p				
FitCombo in Fitness Center						9:30a-10:30 a		9:30a-10:30 a		
Kickboxing					7:15p-8:15 p					
Pilates					9:30a-10:30 a			7:15p-8:15 p	9:30a-10:30 a	
Tone & Strength							7:15p-8:15 p			
SilverSneakers-MSROM	FREE	FREE	N/A			9:30a-10:30 a		9:30a-10:30 a		
SilverSneakers-Cardio Circuit	FREE	FREE	N/A				9:30a-10:30 a			
Yoga	\$46	\$46	\$90	H103Y	6:00-7:00p		6:00-7:00p			
Yoga	\$24	\$24	\$58	H103YM	6:00-7:00p					
Yoga	\$28	\$28	\$68	H103YW			6:00-7:00p			
Yoga	\$28	\$28	\$68	H103YA			9:00a-10:00a			
Youth Fitness										
Youth Conditioning	FREE	FREE	N/A	Youth Conditioning sessions are required for youth ages 9 -10 yrs to workout in Fitness Center with a supervising adult. Please contact Fitness Department to schedule sessions.						
Iron Teens	\$25	\$25	N/A	H103T		4:30p-5:30p		4:30p-5:30p		
Iron Teens	\$25	\$25	N/A	H103V						10:00a-12:00p
Personal Training	Fees			Contact Lindsay Bauer to get started Personal Training today!						
Individual Hourly	\$35	\$35	N/A							
Group of 2: rate per person	\$30	\$30	N/A							
6 session package	\$180	\$180	N/A							

M = YMCA Metropolitan Member F = YMCA Facility Member
P* = YMCA Program Member (must have active Program Membership)
FREE = Free for Metropolitan/Facility 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.

8/13/2010