

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Hilltop YMCA - 614-276-8224

Connie Crump : ccrump@ymcacolumbus.org

Winter 1 2010 - Jan. 4th - Feb. 21st, 2010

Registration begins: Metro/Facility Members - Dec. 5th

Program Members - Dec. 12th

Class	\$ FEES			NO CLASSES JAN. 18th - Martin Luther King Day						
	M	F	P*	Code	Mo	Tu	We	Th	Fr	Sa
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	
SilverSneakers-MSROM	FREE	FREE	N/A			9:30a-10:30 a		9:30a-10:30 a		
SilverSneakers-Cardio Circuit							9:30a-10:30 a			
Tone & Strength							7:15p-8:15 p			
Specialty Class	FEES									
Beginner Yoga	\$28	\$28	\$68	H103Y			7:15p-8:15p			
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 Connie Crump 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			Personal Training Sessions are available by appointment.						
Individual Hourly	\$35	\$35	N/A							
Group of 2: 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.

11/23/2009