

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## Liberty Twp/Powell YMCA - 052

Michele Cannell: [mcannell@ymcacolumbus.org](mailto:mcannell@ymcacolumbus.org)

**Fall I 2010 - Sep 7 - Oct 24**

**Registration begins: Metro Members - July 31**

**Program Members - Aug 7**

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
Healthy Start	F		HSM		11:00-12:00 PM					
Healthy Start	F		HST			7:00-8:00 PM				
Healthy Start	F		HSW				11:00-12:00 PM			
Healthy Start	F		HSR					7:00-8:00 PM		
Women On Weights	25	65	WOWTR			6:00-7:00 PM		6:00-7:00 PM		
Weight Management	30	65	WMGT					11:45-12:30 PM		
Zumba	**3	**5			6:40-7:25 PM		6:40-7:25 PM		5:45-6:30 PM	
(** fee per class, not session)										
Personal Reformer Pilates	70	90	REFTR			10:30-11:30 AM		10:30-11:30 AM		
Mens P30X - Personal Training Extreme	70	90	MPTX			7:00-8:00 PM		7:00-8:00 PM		
Womens P30X - Personal Training Extreme	65	85	WPTX		9:30-10:30 AM		9:30-10:30 AM			
<b>YOGA</b>										
Hatha	25	65	YOGAR					7:00-8:30 PM		
Level 1	25	65	YOGAW				7:00-8:00 AM			
<b>YOUTH</b>										
Youth Conditioning (9-10)	F		YOUTHM		5:00-6:00 PM					
Youth Conditioning (9-10)	F		YOUTH S							10:30-11:30 AM
Iron Teens (11-15)	25		IRON T			5:00-6:30 PM				
Iron Teens (11-15)	25		IRON S A							9:00-10:30 AM

**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.

7/28/2010

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**Healthy Start** – This is a free program designed for YMCA Metropolitan members new to fitness or in need of help staying with a program. A YMCA Wellness Counselor works with you to design a wellness plan and exercise program, and meets with you for an hour each week for motivation and direction.

**Women on Weights I** – Class is designed with the woman in mind. Participants are educated on the myths and trends in the fitness industry, women's wellness issues, and general nutrition concepts. All of this, combines with a total body workout to build a healthy spirit, mind, and body.

**Hatha Yoga** – Class is a 60 minute gentle to mid-level yoga program focusing on the development and practice of Asana alignment, anatomy and breath. Vinyasa Yoga is a mid-to-advanced yoga focusing on building heat through breath, linked with movements.

**Youth Conditioning**- Children ages 9-10 will learn how to safely use the cardiovascular and strength equipment, structure a workout and stretching techniques. 100% attendance is mandatory to successfully complete this program. Upon completion, child may workout with an adult in our fitness center.

**Iron Teens**- Children ages 11 and up will learn how to use cardiovascular and strength machines safely, structure a workout, and safe stretching techniques. Class completion is a requirement prior to using the fitness center without an adult supervising. 100% attendance is mandatory.

**P30X** – Allow a Personal Trainer to create a unique program for you while you are being motivated by the other participants. Do you want muscle progression, muscle confusion or a muscle circuit? Whatever you need the P30X is the right class to push you to the next level.

**Pilates Reformer** – Take your Pilates routine to the next level. Allow our qualified trainers to take you through the programs Joseph Pilates first created by using our Pilates Reformer and Pilates Arc. You will get personalized instruction with only 4 class participants.

**Have you tried Massage Therapy, or had a Personal Assessment?**

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