

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## Liberty Twp/Powell YMCA - 052

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

Winter II 2010 February 22 - April 11

Registration begins: Metro Members - February 6

Program Members February 13

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
<b>FITNESS</b>										
Fit Start	F		FITMA		11:00-12:00 PM					
Fit Start	F		FITMB		7:00-8:00 PM					
Fit Start	F		FITTA			11:00-12:00 PM				
Fit Start	F		FITTB			7:00-8:00 PM				
Women On Weights	25	65	WOWMW		9:30-10:30 AM		9:30-10:30 AM			
<b>YOGA</b>										
Hatha	30	70	YOGATR			8:30-9:30 AM		8:30-9:30-AM		
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
Run Club	25	65	RUNCLUB		5:30-6:30 PM					

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.

1/28/2010

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**Fit 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 FitStart 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.

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

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