

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

North Branch YMCA - 614-885-4252
Sarah Whitney : swhitney@ymcacolumbus.org

Fall 1 Session September 6 - October 24, 2010

Registration begins: Metro Members - July 31

Program Members - August 7

Class	\$ FEES			Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*	F							
Belly Dancing	\$22	\$56			8:00-9:00pm					
Plyometrics Plus	\$15	\$30					7:00-8:00pm			
Women On Weights	\$22	\$56			7:30-8:30pm		7:30-8:30pm			
Advanced Women On Weights	\$22	\$56			6:30-7:30pm		6:30-7:30pm			
Women On Weights - Saturday	\$13	\$26								7:30-8:30am
Yoga	\$22	\$56			6:45-7:45pm					
Personal Training					1 session \$35		6 sessions \$180			
Youth Conditioning Ages 9-10years			free							
Iron Teens Ages 11-15	\$25									

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.

8/18/2010

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Belly Dancing: Belly Dance is a great low impact aerobic workout that focuses on your core. You will learn body awareness, posture, dance vocabulary, basic movements, drills and combinations.

Iron Teens: Youth will learn how to use the cardiovascular and strength machines, structure a workout, and safe stretching techniques. Class completion of this 8 week program is a requirement prior to using the Wellness Center without adult supervision. 100% attendance is mandatory to successfully complete this program. Ages 11-15

*Fee for class

Personal Training: Certified YMCA personal trainers are available to prepare, motivate and coach you through a safe and appropriate program to help you meet your health and fitness goals. Contact Sarah Whitney for appointment

Plyometrics Plus: Improve your athletic performance in this Sports Conditioning class which incorporates speed, agility, and lateral movement drills. Jumping, squatting, and bounding are just a few of the exercises performed. Ages 13-Adult

Women On Weights (WOW): Women on Weights is designed with the woman in mind! Participants are educated on the myths and trends in the fitness industry, wellness issues, and general nutrition concepts. All of this is combined with a total body workout. Classes are instructed by a YMCA certified personal trainer and held in the Fitness Center. Classes are limited to 8 participants. *Fee for class

Advanced Women On Weights (Power WOW): Completion of WOW required for participation. Participants will learn advanced training techniques that will take their program & bodies to the next level of fitness. *Fee for class

Yoga: This class will center the self, stretch and strengthen the body, and calm the mind. Strength training, cardiovascular conditioning, and flexibility are combined using traditional yoga postures. Wonderful for all fitness levels! *Fee for class

Youth Conditioning: Class will teach kids how to safely use the cardiovascular and strength equipment, structure a workout and stretching techniques, as well as safety information and rules for the Wellness Center. Class completion is required prior to using the Wellness Center within arms reach of an adult. Ages 9-10

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