

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Pickaway County YMCA - (740) 477-1661

Doug Stickel : dstickel@ymcacolumbus.org

Winter II 2010: February 22, 2010 - April 11, 2010

Registration begins: Metro/Facility Members - February 6th

Program Members - February 13th

Class	\$ FEES			Code	Mo	Tu	We	Thr	Fr	Sa
	M	F	P*							
Boot Camp	Free	25	65	P104	6:00-7:00PM		6:00-7:00PM			
Boot Camp--Alt. Sat.	Free	25	65	P104						9:00-10:00AM
Cardio Kickboxing	Free	25	65	P129A		6:30-7:30PM		6:30-7:30PM		
Circuit Training	Free	25	65	P103	7:00-7:45AM		7:00-7:45AM		7:00-7:45AM	
Circuit Training	Free	25	65	P103A		5:30-6:15PM		5:30-6:15PM		
JAB/TAG	Free	25	65	PJAB	10:15-11:15AM		10:15-11:15AM		10:30-11:30AM	
Pilates	Free	25	65	P109	7:15-8:15PM		7:15-8:15PM		9:30-10:30AM	
Pilates	Free	25	65	P109B		4:45-5:30PM		4:45-5:30PM		
Silver Sneakers	Free	25	65	SILVER SNEAKERS	9:00-10:00AM		9:00-10:00AM		8:30-9:30AM	
Step	Free	25	65	P105A		9:30-10:30AM		9:30-10:30AM		
Step--Alt. Sat.	Free	25	65	P105A						9:00-10:00AM
Y Cycling	Free	25	N/A	Pcycling	9:00-10:00AM		9:00-10:00AM			
Y Cycling	Free	25	N/A	PcyclingA	4:00-5:00 PM		4:00-5:00 PM			
Y Cycling	Free	25	N/A	PcyclingB		6:00-7:00PM		6:00-7:00PM		
Yoga	35	35	65	Yoga1				10:30-11:30AM		
Y Walkers	Free	Free	7	P101	8:00-9:00AM		8:00-9:00AM		8:00-9:00AM	
Y Walkers	Free	Free	5	P101A		8:00-9:00AM		8:00-9:00AM		
Y Walkers	Free	Free	12	P101B	8:00-9:00AM	8:00-9:00AM	8:00-9:00AM	8:00-9:00AM	8:00-9:00AM	
Iron Teens	10	10	N/A	P108A		5:00-6:00PM		5:00-6:00PM		
Youth Conditioning	10	10	N/A	P108		5:00-6:00PM		5:00-6:00PM		

M = YMCA Metropolitan Member P* = YMCA Program Member (must have active Program Membership)

F = YMCA Facility Member

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.

2/3/2010

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Pickaway County YMCA – (740) 477-1661

Doug Stickel: dstickel@ymcacolumbus.org

Boot Camp

A great workout for those who don't like complicated choreography. This 60 minute class focuses on strength, speed, endurance agility, and flexibility. Drills and timed intervals are all part of this total body workout that will push your fitness level to the max. Become one of the few, the proud, the conditioned

Jab/Tag!

Basic combination, involving jabs, punches and kicks, are thrown into a free-standing heavy weight bag. Music and jump ropes are added to make this a high energy, interval, training workout. This class also focuses on toning thighs, abs, and gluts.

Y Walkers

The benefits of walking are well documented. Walking can help reduce blood pressure and heart rate, as well as promote health and wellness. This program is designed for people that like in a comfortable environment. Indoor tracks are available at some branches. Ideal for Active Older Adults.

Circuit Training

Offers a mix of advanced Step, aerobic dance, Cardio Circuit and strength conditioning to get you moving. This cross training aerobic class alternates between cardiovascular and muscle conditioning Stations/exercises to provide a great workout. This is a great way to maintain the healthy lifestyle you're committed to!

Pilates

Pilates is a unique approach to exercise that develops body awareness, improving and changing the body's postural and alignment habits and increasing flexibility and ease of movement. Goals are to increase and create an awareness of and strength and flexibility, create an awareness of and strengthen dynamic stability, improve coordination and release stress. Advanced classes also available at some branches.

Cardio Kickboxing

A cardiovascular program that incorporates boxing, punching, kicking and jumping moves with muscle conditioning exercises.

Iron Teens Ages 11 –15

Youth will learn how to use the cardiovascular and strength machines safely, structure a workout, and safe stretching techniques. Class completion is a requirement prior to using the fitness center without adult supervision. 100% attendance is mandatory to successfully complete this program. Youth must be 11 years at the beginning of class session.

Youth Conditioning Ages 9–10

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 fitness center. Class completion is required prior to using the Fitness Center with adult supervision.

Register online at ymcacolumbus.org

2/3/2010

Our Mission: To serve the whole community through programs expressing
Judeo-Christian principles that build a healthy spirit, mind and body.