

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

**Pickaway County YMCA - (740) 477-1661**

**Doug Stickel : dstickel@ymcacolumbus.org**

**Fall 1 2009, September 7 - October 25, 2009**

**Registration begins: Metro/Facility Members - August 1st**

**Program Members - August 8th**

Class	\$ FEES			Code	Mo	Tu	We	Thr	Fr	Sa
	M	P*	F							
Y Walkers	Free	7	Free	P101	8:00-9:00AM		8:00-9:00AM		8:00-9:00AM	
Y Walkers	Free	5	Free	P101A		8:00-9:00AM		8:00-9:00AM		
Y Walkers	Free	12	Free	P101B	8:00-9:00AM	8:00AM-9:00AM	8:00-9:00AM	8:00AM-9:00AM	8:00-9:00AM	
Circuit Training	Free	65	25	P103	7:00-7:45AM		7:00-7:45AM		7:00-7:45AM	
Circuit Training	Free	65	25	P103A		5:30-6:15PM		5:30-6:15PM		
Boot Camp	Free	65	25	P104	6:00-7:00PM		6:00-7:00PM			
Boot Camp--Alt. Sat.	Free	65	25	P104						9:00-10:00AM
Step	Free	65	25	P105A		9:15-10:15AM		9:15-10:15AM		
Step--Alt. Sat.	Free	65	25	P105B						9:00-10:00AM
Pilates	Free	65	25	P109	7:15-8:15PM		7:15-8:15PM		9:30-10:30AM	
Pilates	Free	65	25	P109B		4:45-5:30PM		4:45-5:30PM		
Cardio Kickboxing	Free	65	25	P129A		6:30-7:30PM		6:30-7:30PM		
JAB/TAG	Free	65	25	PLANA	10:15-11:15AM		10:15-11:15AM		10:30-11:30AM	
YCycling	Free	N/A	25	PLANA					9:00-10:00AM	
YCycling	Free	N/A	25	PLANA	4:00-5:00 PM		4:00-5:00 PM			
Y Cycling	Free	N/A	25	PLANA						
Y Cylcing	Free	N/A	25	PLANA		5:30-6:30PM		5:30-6:30PM		
YCycling	Free	N/A	25	PLANA		6:30-7:30PM		6:30-7:30PM		
Silver Sneakers	Free	65	25	SILVER SNEAKERS	9:00-10:00AM		9:00-10:00AM		8:30-9:30AM	
Iron Teens	10	N/A	10	P108A		5:00-6:00PM		5:00-6:00PM		
Youth Conditioning	10	N/A	10	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](http://ymcacolumbus.org)*

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

9/9/2009