YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Southwest Community Center YMCA-

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Spring 2010

Class	$ FEES									
	M	P*	R*	Su	Mo	Tu	We	Thr	Fr	Sa
Pilates	0	15	10		5:30p-6:30p			5:30p-6:30p		
Beginner Basic Group	0	15	10			5:15p-6:00p				
Beginner Kickboxing	0	15	10				6:00p-6:45p			
Family Fit. Interval	0	15	10					6:00p-6:45p		
Lunch Time Boot Camp	0	15	10		11:30-12:30				11:30-12:30	
H20 Aerobics	28	68	10		7:00p-8:00p		7:00p-8:00p			
Fitness Combo	0	15	10							9:00 am-9:45am

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

4/22/2010