

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Southwest Community Center YMCA-

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Winter Mini Session February 1-February 26 2010

Registration begins: Metro Members - January 15

Program Members Month - January 15

Class	\$ FEES			Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*	R*							
Pilates	0	15	10		5:30p-6:30p		5:30p-6:30p			
Beginner's Boot Camp	0	15	10			5:15p-6:00p				
Family Interval	0	15	10				6:00p-6:45p			
Hi/Lo Land Aerobics	0	15	10					6:00p-6:45p		
Lunch Time Boot Camp	0	15	0		11:30-12:30				11:30-12:30	
H2O Aerobics	28	68	10		7:00p-8:00p		7:00p-8:00p			

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.