

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

WARD FAMILY YMCA - 614-252-3166

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Fall One Session 2010 - September 6 - October 24

Registration begins: Metro Members - July 31

Program Members - August 8

AOA Program members: Register Monthly

\$ FEES										
Land Classes	M	P*	F	Code	Mo	Tu	We	Thr	Fr	Sa
Weight Circuit	22	62	22	CIRCUIT		6:30AM-7:30AM		6:30AM-7:30AM		
Walk Reebok	Free	62	22	WALKSAT						8:30AM-9:30AM
Silver Sneakers® Cardio Circuit (Seniors)	Free	20 Month	Free	Register Monthly	9:45AM-10:30AM		9:45AM-10:30AM		9:45AM-10:30AM	
Silver Sneakers® M.S.R.O.M. (Seniors)	Free	20 Month	Free	Register Monthly	10:30AM-11:15AM		10:30AM-11:15AM		10:30AM-11:15AM	
AOA (Seniors) Tai Chi	Free	20 Month	Free	Register Monthly	11:15 AM-11:45 PM				11:15 AM-11:45 PM	
50+ Fitness	Free	15 Month	Free	Register Monthly		9:30AM-10:15AM		9:30AM-10:15AM		
Core Exercise	Free	15 Month	Free	Register Monthly		10:15AM-10:30AM		10:15AM-10:30AM		
Tai Chi	Free	15 Month	Free	Register Monthly		10:30 AM-11:00 AM		10:30 AM-11:00 AM		
Boot Camp Aerobics	Free	n/a	Free	BCAMP					7:00AM-8:00AM	
Land Aerobics	Free	62	22	LAND				6:30PM-7:30PM		
ResistABall	Free	62	22	RESISTABALL	7:00PM-8:00PM		7:00PM-8:00PM			
Y CYCLING	Free	n/a	Free	Sign-up at the Desk	7:00AM-7:45AM		7:00AM-7:45AM			9:00AM-9:45AM
Y CYCLING	Free	n/a	Free	Sign-up at the Desk	6:00PM-7:00PM					
Latin Fusion	20	38	20	LATFUSION		6:00PM-7:00PM				
Water Classes	M	P*	F							
Arthritis Foundation Aquatics Program	28	68	28	AQUAARTH		1:00 PM-2:00PM		1:00 PM-2:00PM		
Cancer Survivors OSU Water Exercise	Free	Free	Free	CONTACT SETH		10:00AM-11:00AM		10:00AM-11:00AM		
Silver Sneakers® SilverSplash	Free	20 Month	Free	Register Monthly	10:30AM-11:30AM		10:30AM-11:30AM		10:30AM-11:30AM	
Silver Sneakers® SilverSplash	Free	20 Month	Free	Register Monthly	11:30AM-12:30PM		11:30AM-12:30PM		11:30AM-12:30PM	

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.

8/17/2010