

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

WARD FAMILY YMCA - 614-252-3166

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Winter Two Session 2010 - February 22- April 11

Registration begins: Metro Members - February 6

Program Members - February 13

\$ FEES										
Land Classes	M	P*	F	Code	Mo	Tu	We	Thr	Fr	Sa
AM Yoga	15	30	15	AMYOGA			6:15AM-7:15AM			
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	Free	20M	Free	Register Monthly	9:45AM-10:30AM		9:45AM-10:30AM			
Silver Sneakers® M.S.R.O.M.	Free	20M	Free	Register Monthly	10:30AM-11:15AM		10:30AM-11:15AM		10:30AM-11:15AM	
AOA Tai Chi	Free	20M	Free	TAICHI	11:15 AM-11:45 AM				11:15 AM-11:45 AM	
Boot Camp Aerobics	Free	n/a	Free	BCAMP					7:00AM-8:00AM	
Core Conditioning	8	8	8	CORE		10:30AM-11:00AM		10:30AM-11:00AM		
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		7:00AM-7:45AM		7:00AM-7:45AM			9:00AM-9:45AM
Y CYCLING	Free	n/a	Free		6:00PM-7:00PM					
Latin Fusion	15	30	15	LATFUSION		6:00PM-7:00PM				
Water Classes	M	P*	F							
Arthritis Foundation Aquatics Program	28	68	28	AQUAARTH		11:00AM-12:00PM		11:00AM-12:00PM		
High Intensity Water Fitness	14	34	14	AQUAAM		7:15AM-8:00AM				
Silver Sneakers® SilverSplash	Free	20M	Free	Register Monthly	10:30AM-11:30AM				10:30AM-11:30AM	
Silver Sneakers® SilverSplash	Free	20M	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.

3/9/2010