



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Winter Session 1
Session 1: Jan 7-Feb 23

The **BODY** achieves what the **MIND** believes....



Class Name	Days	Times	Cost	Instructor
Power Pump	M/W/F	5:00-5:45 AM	\$76(PM)	Christina
Power Pump	T/Th	5:30-6:15 AM	\$53 (PM)	Bonnie
Step Aerobics*	M/W/F	7:30-8:25 AM	\$76 (PM)	Bonnie
Weekend Warriors	Saturday	8:30-9:15 AM	FREE TO ALL	Variety
Cardio Mix*	T/TH	9:05-9:45 AM	\$53 (PM)	Dawn
Silver Sneakers	W/F	10:15-11:00 AM	\$53 (PM)	Ronna
Silver Sneakers	W/F	11:10-11:55 AM	\$53 (PM)	Ronna
Quick Sculpt	M/W/F	12:15-12:45 PM	\$53 (PM)	Traci
Fit Club	M/F	1:00-2:00 PM	\$68 (PM)	Dawn
Pound Rockout	Thursday	4:45-5:25 PM	\$29 (PM)	Mandy
Abtastic*	M/W	5:00-5:40 PM	\$53 (PM)	Kayla
Studio Kickboxing*	M/W	5:45-6:30 PM	\$53 (PM)	Kayla
Power Pump*	T/TH	5:30-6:15 PM	\$53 (PM)	Teresa
Strong by Zumba	T/TH	6:15-7:15 pm	\$68 (PM)	Lisa

Premium Classes– Fee for Y Members (Y) and Program Members (PM)

Stretch Therapy* ¹	M/W	8:05-9:00 AM	\$36 (Y) \$77 (PM)	Cindy
Yoga Alternative* ¹	T/TH	8:05-9:00 AM	\$36 (Y) \$77 (PM)	Cindy
Guns & Guts* ¹	Friday	9:30-10:00 AM	\$10 (Y) \$25 (PM)	Cindy
Yoga Flow*	Friday	8:45-9:45 AM	\$23 (Y) \$51 (PM)	Rachel
Muscle Fix* ¹	M/W	9:10-10:00 AM	\$36 (Y) \$77 (PM)	Cindy
Youth Rebound	M/W	2:45-3:30 PM	\$25 (Y) \$50 (PM)	Kandi

¹ Denotes classes beginning January 16th—prices are adjusted

*Denotes babysitting services available for entire class time – free to Family and SPF memberships

Register at the YMCA Welcome Desk– additional form required for Silver Sneakers and Premium Classes



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Water Fitness

Session 1: Jan 7-Feb 23

Dive In



Deep Water

M/W/F*	8-8:55 AM or 9-9:55 AM	\$31 (Y) \$61 (PM)
T/Th*	7-7:55 AM or 8-8:55 AM	\$21 (Y) \$51 (PM)
M/W*	5:30 PM-6:30 PM	\$21 (Y) \$51 (PM)

Shallow Water

M/W/F*	8-8:55 AM or 9-9:55 AM	\$31 (Y) \$61 (PM)
Energize with Music*	T/TH 8-8:55 AM	\$21 (Y) \$51 (PM)

2 day a week pricing available for all classes

Punch Cards also available

Register at the YMCA Welcome Desk!