



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall Schedule 2017

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.
5:30A-6:10A	Boot Camp <i>Andrea</i>	Weight Room Circuit <i>Hunter</i>	Boot Camp <i>Andrea</i>	Weight Room Circuit <i>Hunter</i>	Boot Camp <i>Andrea</i>	
8:15A-9:10A	Body Flex <i>Andrea</i> 8:15-9:10		Body Flex <i>Andrea</i> 8:15-9:10		Body Flex <i>Andrea</i> 8:15-9:10	
8:30A-9:25A		HIIT <i>Andrea</i> 8:30-9:10		HIIT <i>Andrea</i> 8:30-9:10		Body Flex <i>Andrea</i> 8:30-9:25
9:15A-10:10A	*Enhance® Fitness <i>Andrea</i> 9:15-10:10	Zumba® <i>Luz</i> 9:15-10:10	*Enhance® Fitness <i>Andrea</i> 9:15-10:10	Zumba® <i>Luz</i> 9:15-10:10	*Enhance® Fitness <i>Andrea</i> 9:15-10:10	Zumba <i>Luz</i> 9:30-10:25
10:15-11:10A		Y-Barre/Yoga <i>Andrea</i> 10:15-11:10		Y-Barre/Yoga <i>Andrea</i> 10:15-11-10		
5:00-5:55		YFIT (Coming In October)		YFIT (Coming In October)		
6:00-6:45p	HIIT <i>Hunter</i> (45 min)	Body Flex <i>Laurel</i>	HIIT <i>Hunter</i> (45 min)	Body Flex <i>Laurel</i>	HIIT <i>Hunter</i> (45 min)	
7:00-8:00	Zumba® <i>Teresa</i>	Zumba® <i>Linda</i>	Zumba® <i>Teresa</i>	Zumba® <i>Linda</i>	Restorative Yoga <i>Rachel</i> (Coming in October)	

GROUP FITNESS CLASS DESCRIPTIONS:

Personal, Small group and Obstacle training available on request. Contact Andrea for additional information avanheeswyk@theYonline.org.

Weight Room Circuit: This class is a circuit style class set in the weight room, you will work all major muscle groups of the body using the machines and free weights.

HIIT class/High Intensity Interval Training : is a total body, heart pumping, aerobic and strength conditioning workout.

Boot Camp: This is a high intensity, military style workout class. It will incorporate cardiovascular and strength training. This class routine will vary from obstacle courses to circuit training This is for all levels of physical fitness.

Body Flex: Using traditional weight training techniques set to music, this class enables you to achieve extra muscle tone to help reshape your body, increase strength, flexibility, endurance and bone density.

Y-Barre/Yoga: Y-Barre class uses a combination of postures inspired by ballet and other disciplines like yoga and Pilates. In Yoga, you will move in a gentle rhythm from one pose to the next. You will use different inversion, arm balances, and your core to stabilize your body to strengthen your muscles and lengthen them all at one.

Zumba®- Combines high energy and motivational music with unique moves and combinations that allow you to dance away your worries. This class utilizes the principals of fitness interval training and resistance training, maximize caloric output, fat burning and total body toning.

Restorative Yoga: Find inner peace and relax in this restorative mind body class, you will focus on breathing techniques, light stretches and relaxation techniques to help relieve stress and calm the body.

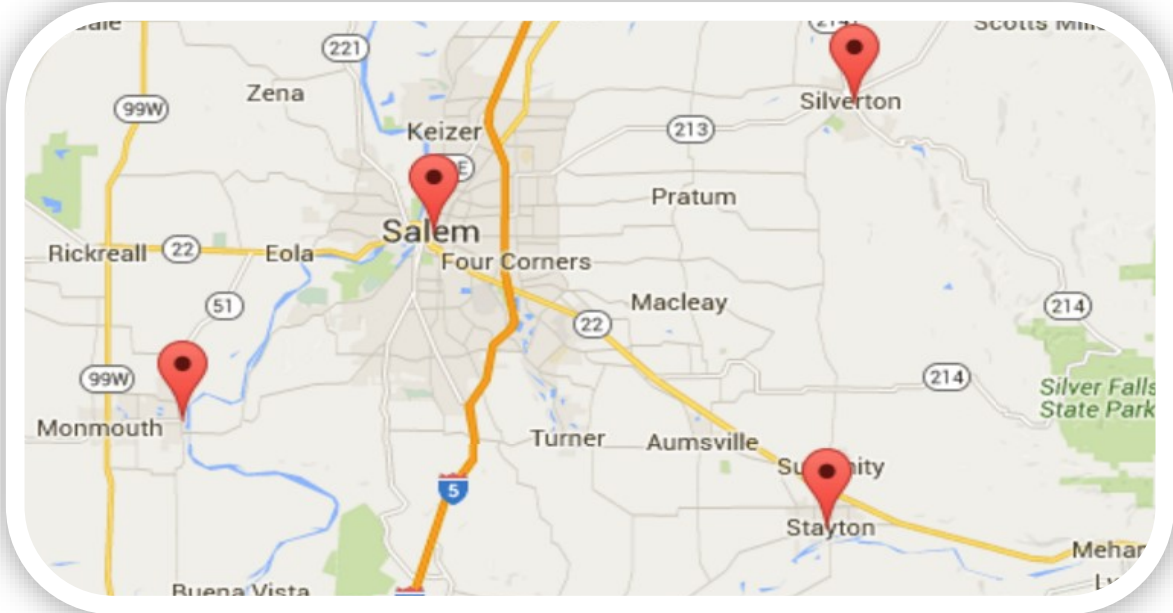
Enhance®Fitness: This 16 week class is an evidence based, highly adaptable exercise program offering levels that are challenging enough for active older adults and levels that are safe enough for the unfit or near frail. One-hour group classes include stretching, flexibility, balance, low-impact aerobics, and strength training. **Must register to participate. Non-Members \$120**

Livestrong®: This is a 12 week program offered free of charge to Survivors contact the front desk for more information or Andrea at Avanheeswyk@theyonline.org



MEMBERSHIP

Becoming a member at the Monmouth-Independence Family YMCA also entitles you to access the other three branches in Marion and Polk Counties.



At the M-I Y we believe that our programming should be accessible to everyone, regardless of ability to pay. Our belief in our mission is so strong that our monthly membership fees are based on a household's income. Just bring in your Federal Tax Return when joining the Y!

	A	B	C
HOUSEHOLD INCOME	\$0-\$19,999	\$20,000-\$39,000	\$40,000+
Adult Membership	\$18	\$30	\$42
Family Membership	\$26	\$42	\$58
Teen Membership	\$18	\$28	\$28
College Membership	\$18	\$28	\$38
Senior Membership	\$18	\$30	\$42
Senior Couple Membership	\$26	\$42	\$58

In addition to your monthly membership costs being determined by your household income, our youth sports program costs are also determined by what you can afford to pay.

	A	B	C
HOUSEHOLD INCOME	\$0-\$19,999	\$20,000-\$39,000	\$40,000+
Adult & Youth Programs***	50% Discount	35% Discount	-----
Summer Camp	See YMCA Camp Department to apply for Financial Assistance		
Child Care	See YMCA Child Care Department to apply for Financial Assistance		

***Discounts are off member or non-member prices, depending on membership status of participant.

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