



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER 2019

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.
5:30A-6:10A	Boot Camp <i>Andrea</i>		Boot Camp <i>Andrea</i>		Boot Camp <i>Andrea</i>	
8:15A-9:10A	Body Flex <i>Andrea</i>		Body Flex <i>Andrea</i>		Body Flex <i>Andrea</i>	
8:30A-9:10A		HIIT <i>Andrea</i>		HIIT <i>Andrea</i>		Body Flex <i>Andrea</i>
9:15A-10:10A	*Enhance® Fitness <i>Andrea</i>	Zumba® <i>Luz</i>	*Enhance® Fitness <i>Andrea</i>	Zumba® <i>Luz</i>	*Enhance® Fitness <i>Andrea</i>	Zumba <i>Luz</i> <i>9:30-10:25</i>
10:15-11:10A		Y Barre/Yoga <i>Andrea</i>		Y Barre/Yoga <i>Andre</i>		
6:00-6:55p	Kickboxing / HIIT	Body Flex <i>Laurel</i>	Kickboxing/ HIIT	Body Flex <i>Laurel</i>		
7:00-8:00	Zumba® <i>Teresa</i>	Zumba® <i>Linda</i>	Zumba® <i>Teresa</i>	Zumba® <i>Linda</i>		

GROUP FITNESS CLASS DESCRIPTIONS:

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

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.

Gentle Yoga: Gentle Yoga is a class structured around rejuvenating and healing the body. This class is held at a slower pace and focuses on stretching all areas of the body, while releasing stress and tension from joints and muscles.

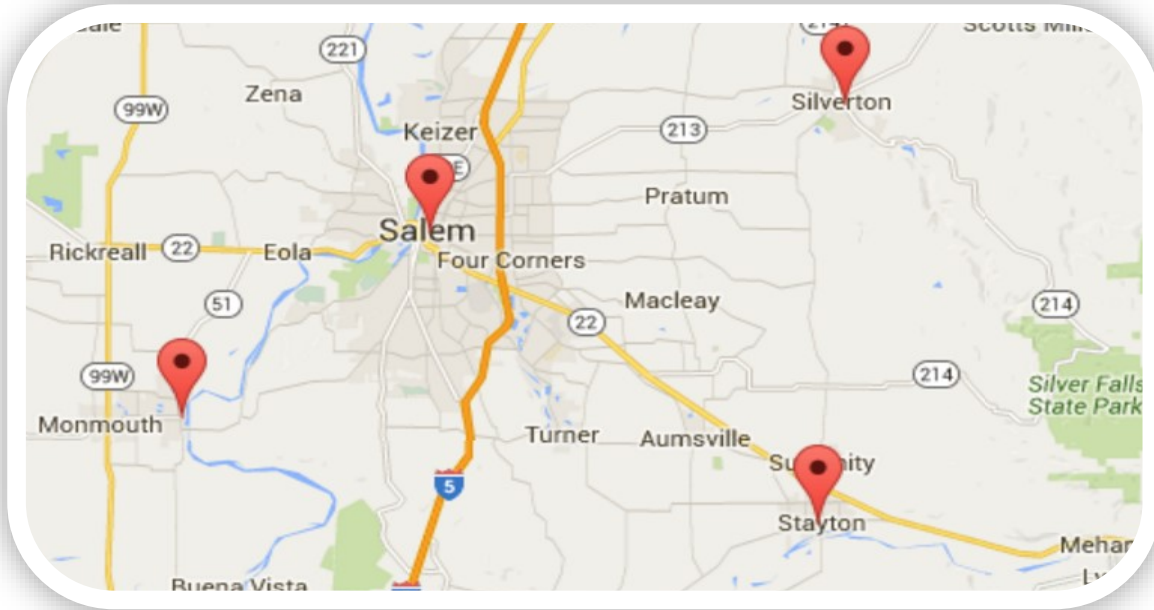
Zumba®- Combines high energy and motivational music with unique moves and combinations that allow you to dance away your worries. This class utilizes the principals of fitness interval training and resistance training, maximize caloric output, fat burning and total body toning.

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 at 503-838-4042 or Andrea at Avanheeswyk@theyonline.org



MEMBERSHIP



	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

	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		

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