

YHEALTH & FITNESS

We build strong kids, strong families, strong communities.

The YMCA is a recognized leader in the field of health and fitness and offers a wide variety of programs to meet your needs and help you achieve and maintain a healthy lifestyle. Our facility offers an assortment of cardiovascular equipment, strength training equipment and many different types of group exercise classes on land or in water.

Y-AEROBICS

This upbeat workout combines high and low impact aerobics to challenge all fitness needs. Held in the gym. Instructor, Barb Freund.

Mon./Wed./Fri. (gym) 5:15-6:00 am

FIT FOR LIFE

Longest running exercise class at the YMCA. Exercise consists of strength training, flexibility focus, general fitness components. Class members use the stability balls and stretch bands to enhance the exercise experience. Instructor, Reid Stangel; Assistants, Hans Bernet and Jeff Ingebritsen; Equipment, Dan Klopfenstein.

Mon./Wed./Fri. (multipurpose room) 6:00-6:45 am

CIRCUIT TRAINING

Come try this total body workout. Challenge your fitness level with a boot camp style workout that includes station to station training. Stations may include jump roping, step, upper body, abs, and more. Instructor, Dawn Lederman

Thursday (multipurpose room) 12:15-1:00 pm

GET ON THE BALL

Using your core muscles, this 45 minute class incorporates exercises using the stability ball that will strengthen and tone the entire body. A perfect workout for all levels. Instructor, Dawn Lederman

Monday (multipurpose room) 12:15-1:00 pm

PILATES & BALL COMBO

This class uses pilates based mat exercises along with using the stability ball. Build long, lean muscles, increase your flexibility and improve posture in this dynamic class. Instructor, Barb Freund.

Mon./Wed./Thurs. (gym) 5:30-6:15 pm

BOOT CAMP STATION

This class incorporates boot camp style cardio/strength drills designed to help you reach your fitness goals. A challenging workout for both men and women. Instructor, Robin Wahl.

Tues./Thurs. (gym) 6:15-7:15 pm

ZUMBA

Dance away your stress and worries with this energizing, exciting Latin dance and music inspired cardio workout. Zumba participants achieve long-term health benefits maximizing calorie output, fat burning and total body toning. Instructors, Dawn Lederman and Cynthia Viliavencio.

Monday (multipurpose room) 6:15-7:00 pm
Tuesday (multipurpose room) 12:15-1:00 pm
Tues./Thurs. (multipurpose room) 8:30-9:15 am

DRUMS ALIVE

This class combines traditional aerobic movements with the powerful beat and rhythm of the drums. High energy dance and rhythm program with a workout for the entire body, mind and spirit. Instructor, Dawn Lederman.

Wednesday (multipurpose room) 12:15-1:00 pm



ADULT FITNESS PRICES

45 Minute Class

Y-members - 1x/wk - \$10.99

Y-members - 2x/wk - \$21.98

Y-members - 3x/wk - \$32.97

Non-members - 1x/wk - \$33.95

Non-members - 2x/wk - \$67.90

Non-members - 3x/wk - \$101.85

60 Minute Class

Y-members - 2x/wk - \$29.40

Y-members - 3x/wk - \$44.10

Non-members - 2x/wk - \$88.90

Non-members - 3x/wk - \$133.35

10% sr. discount (65 yrs. +)
applies on class prices.

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

LUNCH BUCKETS

Start your afternoon off right with a basketball pick up game with other adults (18 yrs. or older). All levels welcome.

Mon./Wed./Fri. Noon-1:00 pm
Friday 11:00-Noon
Wed./Fri. 6:00-7:00 am

Y-members - FREE
Non-members - \$5.00 per day

LUNCH SOCCER

A great noon hour workout that is for all skill levels and abilities. Games will be played outdoors or in the gym depending on weather.

Tuesday/Thursday Noon-1:00 pm

Y-members - FREE
Non-members - \$5.00 per day

ADULT VOLLEYBALL

Come join us for an exciting hour of volleyball. All levels of players are welcome. Co-ed.

Friday Noon-1:00 pm

Y-members - FREE
Non-members - \$5.00 per day

SILVERSNEAKERS® MUSCULAR STRENGTH & RANGE OF MOTION CLASS FOR SENIORS

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. The class is offered to anyone and we encourage anyone that has physical limitations (pregnancy, surgery recovery, etc.) for exercise to join.

Wednesday 9:00-9:45 am
Friday 9:00-9:45 am

Y-members - \$10.99 Non-members - \$33.95
SilverSneakers® members - FREE

SILVERSNEAKERS® CARDIO CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand held weights; elastic tubing with handles and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Monday 9:00-9:45 am

Y-members - \$10.99 Non-members - \$33.95
SilverSneakers® members - FREE

****OCTOBER 11-15****

SILVERSNEAKERS® YMCA ACTIVE OLDER ADULT WEEK

Try a class, use the pool or fitness center for a day. More info to come.

All SILVERSNEAKERS® classes are held in the gym. Classes are open to everyone and are free for SILVERSNEAKERS® members.

Members are reminded that accidents and injuries could occur during participation at the YMCA. All participants should understand that they need to be prudent in their actions, keeping safety for themselves and others in mind. The swimming pool is a place where safety is #1. Members and guests are not to distract the lifeguard in any way; participants must obey the pool rules and follow the direction of the lifeguards and instructors.

**Parents share the
responsibility of safety
in all areas of the YMCA.**

