

# Y<sup>®</sup> NORTH WEBSTER

Winter 2010	Price		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	M	CM						
Group Exercise	Free	\$30	6:00-7:00 p.m.		6:00-7:00 p.m.			
Aerobic Diversity	Free	\$30						
Step Intensity	Free	\$30		9:00-10:00 a.m.		9:00-10:00 a.m.		
Women & Weights	\$10	\$20	10:00-11:00 a.m.	6:30-7:30 p.m.	10:00-11:00 a.m.	6:30-7:30 p.m.		
Zumba	\$15	\$30	9:00-10:00 a.m.	5:30-6:30 p.m.	9:00-10:00 a.m.			
Youth Conditioning -Members only free								9:30-11:00 a.m.



### North Webster Location

301 N. Main Street Suite B  
 North Webster, IN 46555  
 (574) 834-5600

### Winter Hours of Operation:

**Monday-Friday** 5:00 a.m.-1:00 p.m.  
 & 3:00 p.m.-8:00 p.m.  
**Saturday** 7:00 a.m.-3:00 p.m.  
**Sunday** 12:00 p.m.- 4:00 p.m.

**Aerobic Diversity** A low-impact, high intensity aerobic conditioning class! Aerobic conditioning with occasional circuit training makes this perfect for any fitness level. Incorporates weights and abdominal exercises.

**Step Intensity** Aerobic conditioning with occasional circuit training makes this perfect for any fitness level. Incorporates steps, weights and abdominal exercises.

**Women & Weights** This class helps women learn how to use free weights, feel comfortable in our free weight room, and have fun. This class is for the beginner to intermediate level of weight lifter.

**Youth Conditioning** Graduates of this two day course may use most of the YMCA facilities at their convenience. Participants must attend consecutive classes and pass a short quiz. Participants must register at the Welcome Center.

**Zumba** Dance your way to a fitter you with exciting and unique latin moves and rhythms. A latin/hip-hop dance fitness class that's great for everyone! It's fun - the type of exercise you want to do every day, and feel good about doing it.

**Childcare** Ages 6 weeks to 6 years old. 9:00 a.m.– 12:00 p.m. Monday– Friday. Free for Youth, Single Parent, and Family Memberships up to 2 hours. Community Members \$2.50 per day up to 2 hours.

Winter I Registration: Members– December 7 Community– December 14 Session: January 4-February 21  
 Winter II Registration: Members– February 8 Community– February 15 Session: February 22-April 4