

Healthy Living: Health and Wellness

Winter I Session: January 3-February 19 Registration: Y Members-December 5 Program Members-December 12
Winter II Session: February 20-April 1 Registration: Y Members-February 6 Program Members-February 13
M= Y Members PM= Program Members *Registration for free classes will change this session. Please see Welcome Center.

	Price*		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Exercise	M	PM	PC= Fitness Punchcard, 7 classes M-\$15 PM-\$35, 14 classes M-\$30 PM-\$70, 21 classes M-\$60 PM- \$105					

Morning Classes

Interval Training	Free	PC	5:30-6:15 a.m.		5:30-6:15 a.m.		5:30-6:15 a.m.	
Athletic Endurance Training	\$15	\$35			5:30-6:30 a.m.			
Beginner Zumba	Free	PC	9:15-10:00 a.m.					
Boot Camp	\$15	\$35		9:00-10:00 a.m.		9:00-10:00 a.m.		
Aerobic Diversity see website for schedule	Free	PC						9:00-10:00 a.m. 4:00-5:00 p.m. Sundays
Body Sculpt	Free	PC			9:15-10:15 a.m.		9:15-10:15 a.m.	
Cardio Challenge	Free	PC		9:15-10:15 a.m.		9:15-10:15 a.m.		
Zumba	Free	PC		10:30-11:30 a.m.		10:30-11:30 a.m.		

Afternoon/Evening Classes

Fantastic Abs	Free	PC	12:00-12:15 p.m.		12:00-12:15 p.m.			
Circuit Intervals	Free	PC	4:30-5:25 p.m.		4:30-5:25 p.m.			
Family Kickin' Cardio	Free	PC	5:30-6:25 p.m.		5:30-6:25 p.m.			
Turbo Toning	Free	PC		5:30-6:25 p.m.		5:30-6:25 p.m.		
Intro to Fitness for the Family	Free	PC		6:00-7:00 p.m.		6:00-7:00 p.m.		
Family Zumba	Free	PC	6:30-7:25 p.m.	4:30-5:25 p.m.	6:30-7:25 p.m.	4:30-5:25 p.m.		
Body Sculpt	Free	PC		6:30-7:25 p.m.		6:30-7:25 p.m.		
Yoga	Free	PC	7:30-8:30 p.m.		7:30-8:30 p.m.			
Tactix	Free	PC		7:30-8:30 p.m.		7:30-8:30 p.m.		

Group Exercise: North Webster Branch-301 N. Main Street, North Webster, IN 574-834-5600

NW Zumba	Free	PC	8:45-9:45 a.m.		8:45-9:45 a.m.			
NW Step Intensity	Free	PC		8:45-9:45 a.m.			8:45-9:45 a.m.	
NW Yoga	Free	PC	10:00-11:00 a.m.			10:00-11:00 a.m.		
NW Aerobic Diversity	Free	PC	6:00-7:00 p.m.			6:00-7:00 p.m.		
NW Women & Weights	Free	PC	6:30-7:30 p.m.			6:30-7:30 p.m.		

Healthy Living: Group Exercise and Indoor Cycling Descriptions Winter 2012

BEGINNER	<p>Intro to Fitness for the Family Spend time with your family or your new class friends learning how to use fitness equipment properly. In a group setting, this personal training type class will teach you how to improve cardio and muscular fitness with different methods, intensities, reps and resistance. Work independently but close enough to the group to ask questions of classmates or the instructor. Open to all adults and families interested in starting or improving their fitness program. Meet in the lobby. <i>All fitness levels welcome. Age 8 and up.</i></p>
	<p>Family Kickin' Cardio As you kick and punch your way to creating a healthier family you'll be spending quality time together working out. <i>All fitness levels welcome. Age 8 and up.</i></p>
	<p>Step Intensity (North Webster) Incorporate steps, weights and abdominal exercises in an aerobic conditioning and circuit training workout. <i>All fitness levels welcome.</i></p>
	<p>Yoga Integrate body and mind for total performance while creating strength, balance and flexibility. <i>All fitness levels welcome.</i></p>
	<p>Zumba and Family 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 all age levels! Bring your family for an active bonding time. <i>All fitness levels welcome. Age 8 and up.</i></p>
MEDIUM	<p>Cardio Challenge Get the ultimate cardio workout using various types of equipment. <i>Medium fitness level.</i></p>
	<p>Circuit Intervals Your heart rate will go up, down and up again! You will be burning fat and having fun using various equipment that works the upper and lower body. <i>Medium fitness level.</i></p>
	<p>Fantastic Abs Spend 15 minutes of your lunch break sculpting those abs from every angle. <i>Medium fitness level.</i></p>
	<p>Interval Training Start the day with a powerful and effective interval workout switching between cardio, weights and squats and of course, you can't forget the abs! <i>Medium fitness level.</i></p>
ADVANCED	<p>Athletic Endurance Training All riders and runners can incorporate strength, core and flexibility training through body weight training and power stretching. Takes place in Main Gym. <i>Advanced fitness level.</i></p>
	<p>Boot Camp Make friends, and gain support and encouragement while pushing yourself to a whole new level. The workouts will be based upon the same format of exercises as those used by the U.S. Marine Corps. Takes place in Main Gym. <i>Advanced fitness level</i></p>
	<p>Tactix Develop your timing, coordination and balance through a fun, revolutionary workout that burns a lot of calories. Work with a partner to practice basic strikes and kicks with a pad. The class combines martial arts fitness, practical self-defense, body weight exercises and metabolic conditioning. <i>Advanced fitness level.</i></p>
	<p>Turbo Toning Kick. Punch. Dance. Sweat. Burn calories and blast fat! Turbo Kick® mixes kickboxing and simple dance moves with music that makes you want to move! Classes also include basic toning moves that will help sculpt and define your thighs, glutes, abs and arms. <i>Intermediate/Advanced fitness level.</i></p>
VARYING	<p>Aerobic Diversity Get a workout variety on your weekends! Exercise instructors will rotate. See www.kcymca.org for the schedule.</p>
	<p>Aerobic Diversity (North Webster) Use steps, light weights and exercise bands to get an aerobic workout. <i>You determine the intensity.</i></p>
	<p>Body Sculpt Using a range of light to medium weights and other exercise equipment, you'll increase your heart rate for an effective fat burning workout that uses muscular endurance to promote definition. Abdominal work included. <i>You determine the intensity.</i></p>
	<p>Indoor Group Cycling You will be led through a cycling workout by an instructor who will challenge and motivate you along with great music. All classes are held in the Indoor Group Cycling Room. All bikes have the option of using cross training shoes, LOOK, or SPD style cycling shoes. <i>Beginning to advanced.</i></p>
	<p>Tri Brick Workout Don't let the cold weather freeze up your training schedule this winter! Swim 7:30-9:20 a.m. and Cycle 9:20-10:30 a.m. You can participate in both the swim and cycle for all or part of the time. <i>You determine the intensity.</i></p>
	<p>Women in Weights (North Webster) Learn how to properly use free weights and use your knowledge to develop a workout routine.</p>

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Cycling Classes– See descriptions on page 9

Indoor Group Cycling	\$15	\$35	5:30-6:30 a.m. 5:30-6:30 p.m.	5:30-6:30 a.m.	5:30-6:30 p.m.	5:30-6:30 a.m.	5:30-6:30 a.m.	
Indoor Group Cycling	Free	PC	9:00-10:00 a.m.		9:00-10:00 a.m.		9:00-10:00 a.m.	8:00-9:00 a.m.
Tri-Brick Workout	Free	PC						9:20-10:40 a.m.

Silver Sneakers Classes- Open to anyone

Silver Sneakers Muscular Strength & Range of Motion	Free	PC	10:30-11:15 a.m.		10:30-11:15 a.m.			
Silver Sneakers Yoga Stretch	Free	PC		10:30-11:15 a.m.		10:30-11:15 a.m.		
SilverSplash®	Free	PC					9:30-10:30 a.m.	

Water Activities

Movers & Groovers	Free	PC	7:30-8:30 a.m.		7:30-8:30 a.m.		7:30-8:30 a.m.	
Joyful Joints Arthritis	Free	PC		8:30-9:30 a.m.		8:30-9:30 a.m.		
Aqua Fit	Free	PC						9:00-10:00 a.m.
SilverSplash®	Free	PC					9:30-10:30 a.m.	
Tone & Fit	Free	PC	10:30-11:30 a.m.		10:30-11:30 a.m.		10:30-11:30 a.m.	
Women In Action	Free	PC	10:30-11:30 a.m.		10:30-11:30 a.m.		10:30-11:30 a.m.	
Shallow or Deep Water	Free	PC		6:00-7:00 p.m.		6:00-7:00 p.m.		
Teen and Adult Swim Lessons	\$32	\$67	6:45-7:30 p.m.					

Adult Tennis Classes take place at the YMCA Racquet Center 3919 North State Road 15 Warsaw, IN 574-268-9622

Adult Beginner	\$84	\$104		7:00-8:00 p.m.		10:30-11:30 a.m.		
Adult Intermediate class	\$126	\$146				7:00-8:30 p.m.		
A Drill	\$126	\$146				9:00-10:30 a.m.		
Cardio Tennis	\$12/ visit	\$20/ visit			10:00-11:00 a.m.	7:00-8:00 p.m.		
Men's Drill and Play	\$18/ visit	\$26/ visit						9:00-10:30 a.m.

Private Tennis Lessons

One person: Half hour lesson M-\$25 PM- \$30 Hour lessons M-\$50 PM- \$60 Two people: Hour lesson M-\$30/person PM- \$35/person
Three people: Hour lesson M- \$20/person PM- \$25/person Four people: Hour lesson M- \$15/person PM-\$20/person

Court Rentals

Indoor Tennis: M- \$20/hour PM-\$25/hour Outdoor Tennis: M- \$5/hour PM-\$10/hour Racquetball/Walleyball: M-\$10/hour PM-\$15/hour

Healthy Living: Silver Sneakers, Water Activities, and Adult Tennis Descriptions Winter 2012

ACTIVE SOCIAL SENIORS SilverSneakers SilverSneakers group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and ALL those who enjoy a positive, upbeat social environment.

SilverSneakers® Muscular Strength and Range of Motion Fitness Class 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; a chair is used for support. *Main Gym.*

SilverSplash® Activate your aqua urge for variety! SilverSplash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. *Warm Water Pool.*

SilverSneakers® YogaStretch Class YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. *Main Gym.*

LOW IMPACT, HIGH RESULTS Water Aerobics While building relationships, you will actively participate in low impact cardio exercise good for both your heart and your mind. Together, with the rest of the class, you will achieve results you can see. Join us in the pool and increase your joint flexibility, improve your circulation, burn calories, strengthen your muscles, and have fun.

Aqua Fit A wake up call for the mind and body, an interval training workout combining cardio and muscle toning. *Main Pool, shallow end.*

Deep Water Aerobics A workout adaptable for all fitness levels that uses fun and intense combos in a high-impact workout in the deep section of the pool. A great class for anyone who has joint problems and is interested in a workout. Flotation belts and water weights are provided for this aerobic and muscle-toning water class. *Main Pool, deep end.*

Joyful Joints Arthritis Class Offered in collaboration with the Arthritis Foundation. Focus is on alleviating pain, improving range of motion and assisting in pain management. *Warm Water Pool.*

Movers and Groovers A fun way to better health and fitness. This class includes aerobics, strengthening and tone and core development. We also have fun exercising our mouths with conversation. *Main Pool, shallow end.*

Shallow Water Aerobics A high-intensity training program taught in the shallow end of the pool that combines both cardiovascular and muscle conditioning. *Main Pool, shallow end.*

SilverSplash® Activate your aqua urge for variety! SilverSplash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination. *Warm Water Pool.*

Tone & Fit A low-impact body sculpting class, using the resistance of the water. This class works on strengthening the core muscles while developing muscle tone, endurance and flexibility. The class is beneficial for a wide range of ages and physical levels. Come be a part of a supportive, encouraging group and experience the positive enhancements this class can provide. *Main Pool, shallow end.*

Women in Action Helps to limber joints, tone muscles, and burn calories without stress on the joints. All levels of fitness can be accommodated. Social activities are held every 6 weeks. *Warm Water Pool.*

BUILDING CONFIDENCE TOGETHER Adult & Teen Swim Lessons You will learn basic swim and safety skills in a group setting that teaches techniques for both the introduction and development of skills. Classes can range from beginner swimmers, those who just want some refinement in their skills, or all the way through those in competitive leagues. We will work with you. Designed to help non-swimmers feel comfortable in the water. Swimmers progress at their own pace and learn the enjoyment of water activities.

Private or Semi-Private Swim Lessons are available for ages 4 to adult. This is the opportunity for you or your child to receive extra attention and practice. You can learn how to swim, perfect your technique or just get a little extra help. Private is for one person. Semi-Private is up to 3 people.

4 Private Swim Lessons M- \$75.00 PM- \$110.00 4 Semi-Private M-\$112.50 PM-\$165 for up to 3 people

7 Private Swim Lessons M- \$130.00 PM- \$190.00 7 Semi-Private M-\$196 PM-\$286 for up to 3 people

A GAME FOR LIFE Adult Tennis Lessons

Intermediate Adult Class Continuing focus on developing and/or correcting strokes and play techniques. Class will be a combination of training and play experience.

Adult Drills Designed to develop and improve stroke production, movement, positioning and strategy appropriate for player's level and goals.

Cardio Tennis - This class is designed to provide a rigorous cardiovascular workout involving tennis strokes and play. Beginners and up are welcome as players of various levels can function together in this fun high energy workout.

3.5-4.0 Mens Drill and Play - Involves an intense 45 minute drill emphasizing a particular stroke and/or strategy followed by 45 minutes of play. Sign up weekly.