



ADULT REGISTRATION INFORMATION

18+ years old | Spring Session: April 9 – June 3, 2017

Registration: Member: Mar. 25 – Apr. 6, 2017 | Non-Member: Apr. 1-6, 2017

Registration dates apply to all programs unless otherwise noted. Additional programs/classes that do not require registration may be available and will be listed on the facility schedules. Program descriptions are available in the Adult Program Guide. Schedule is subject to change.

SWIM LESSONS –Mitch Schall, Aquatics Director

x218 or mschall@bcfymca.org

PROGRAM	DAY	TIME	# OF WEEKS/	MEMBER/NON-MEMBER
BETTER LATE THAN NEVER	TU	12:00PM-12:45PM	7	\$48 / \$95

SPORTS & LEAGUES –Brad Pontius, Program Director

x217 or bpontius@bcfymca.org

PROGRAM	LEVEL	DAY	TIME	# OF WEEKS	MEMBER/NON-MEMBER
KEystone MARTIAL ARTS (Tang Soo Do)	Adult	TU	8:00PM-9:00PM	Monthly registration; All 3 classes included Attend as much as your schedule permits.	\$60 / \$105 (includes all three days)
		TH	8:00PM-9:00PM		
		SA	11:00AM-12:00PM		

ARTS & HUMANITIES –Brad Pontius, Program Director

x217 or bpontius@bcfymca.org

PROGRAM	DAY	TIME	# OF WEEKS / DATES	MEMBER/NON-MEMBER
CRAFTS, APPS & LAUGHS	monthly	6:00PM-8:00PM	4/19/17 5/17/19	\$25 / \$30 (per class; includes supplies)
WOMEN'S BOOK CLUB	TU	9:30AM-10:30AM	7	\$30 / \$40
	TU	6:30PM-7:30PM	7	\$30 / \$40

HEALTHY LIVING –Kathy Hensler, Healthy Living Director

x226 or khensler@bcfymca.org

LAND GROUP EXERCISE CLASSES

Ages 14+ welcome – **SPRING** classes run for 8 weeks

- Intensity Levels (1: Beginner 2: Intermediate 3: Advanced): Modifications given by instructor to workout at your own level.
- **Junior Participant Policy:** Ages 12-13 may attend adult classes with a parent. Youth must not be a distraction to the class.
- Consult with your physician before participating. Participation indicates you have no physical condition or health problems.


CLASS	INTENSITY LEVEL	DAY	TIME	INSTRUCTOR	MEMBER/NON-MEMBER (DROP-IN)
ADVANCED WEIGHT TRAINING – CORE STRENGTH	2 3	M	5:35AM-6:35AM	Kathy	\$29 / \$57 (\$5)
		TU	8:25AM-9:30AM	Erin	\$29 / \$57 (\$5)
		TU	6:30PM-7:30PM	Sandy	\$29 / \$57 (\$5)
		W	5:35AM-6:35AM	Kathy	\$29 / \$57 (\$5)
		TH	8:25AM-9:30AM	Erin	\$29 / \$57 (\$5)
		SA	7:15AM-8:15AM	Kathy	\$29 / \$57 (\$5)
LESMILLS BODYPUMP ALL-INCLUSIVE PASS: Take one Body Pump class or take them all! \$40 (members only)					
BODY PUMP	1 2 3	M	10:00AM-11:00AM	Jen C.	\$29 / \$57 (\$5)
		M	5:30PM-6:30PM	Kathy B.	\$29 / \$57 (\$5)
		W	10:00AM-11:00AM	Rosa	\$29 / \$57 (\$5)
		W	5:30PM-6:30PM	Val	\$29 / \$57 (\$5)
		SA	9:15AM-10:30AM	Val	\$29 / \$57 (\$5)
BODY PUMP EXPRESS	1 2 3	F	5:30PM-6:15PM	Brenda	\$19 / \$41 (\$5)
		SU	12:00PM-12:45PM	Brenda	\$19 / \$41 (\$5)
DELAY THE DISEASE™	1 2 3	W	1:00PM-2:00PM	Anna	\$32 / \$48 (\$5)
		F	1:00PM-2:00PM	Kathy	\$28 / \$42 (\$5)
FITNESS BOXING	1 2 3	TU	9:00AM-10:00AM	Cindy	\$29 / \$57 (\$5)
		TH	9:00AM-10:00AM	Cindy	\$29 / \$57 (\$5)
DAWN CRACKERS RUNNING CLUB		Tues. 5:30AM/North Boundary Park, Tues. 9:00AM/YMCA, Thurs. 5:30AM/North Boundary Park, Thurs. 9:00AM/YMCA, Sat. 8:05AM/YMCA, Sun. 7:00AM at CVE Elementary School		Joella	\$45 / \$55

YOGA	MARTIAL ARTS POWER YOGA	1 2 3	M	5:45PM-6:45PM	Kellen	\$29 / \$57 (\$5)
	MULTI-LEVEL YOGA	1 2 3	SU	12:30PM-1:30PM	Annie	\$25 / \$52 (\$5)
	POWER UP MORNING YOGA	1 2 3	TU	5:35AM-6:35AM	Kellen	\$29 / \$57 (\$5)
			TH	5:35AM-6:35AM	Kellen	\$29 / \$57 (\$5)
	SLO-GA YOGA	1 2 3	F	9:00AM-10:00AM	Annie	\$25 / \$52 (\$5)
	YIN YOGA	1 2 3	W	7:30PM-8:30PM	Flor	\$29 / \$57 (\$5)
			F	12:00PM-1:00PM	Flor	\$25 / \$52 (\$5)
YOGA	1 2 3	M	9:00AM-10:00AM	Diana	\$29 / \$57 (\$5)	
Y-WEIGHT & Y-WEIGHT M INI		1 2 3	See separate flyer for days & times. Program runs for 10 wks.			\$150 / \$300

GROUP CYCLE CLASSES

Ages 14+ welcome – **SPRING** classes run for 8 weeks

- **Junior Riders:** Ages 11-13 may attend adult classes with a parent. Youth must not be a distraction to the class.

CLASS & DROP IN DETAILS	INTENSITY LEVEL	DAY	TIME	INSTRUCTOR	MEMBER/NON-MEMBER (DROP-IN)	
BOOT CAMP CYCLE	2 3	W	9:30AM-10:30AM	Catherine	\$29 / \$57 (\$5)	
CYCLE FOR HEALTH	1 2	M	10:45AM-11:15AM	Catherine	FREE / \$25 (\$3)	
		W	5:30PM-6:00PM	Stephanie	FREE / \$25 (\$3)	
		F	10:30AM-11:00AM	Melanie	FREE / \$22 (\$3)	
GFF ENDURANCE CYCLE 	1 2 3	W	6:05PM-7:35PM	Joella	\$55 / \$109 (\$8)	
Sunday Group Cycle is 4 weeks only: 4/9, 4/23, 4/30 & 5/7			→ SU	10:00AM-11:00AM	Jen R.	\$15 / \$28 (\$5)
GROUP CYCLE	1 2 3	M	5:45AM-6:45AM	Jeremiah	\$29 / \$57 (\$5)	
		M	9:30AM-10:30AM	Catherine	\$29 / \$57 (\$5)	
		M	6:30PM-7:30PM	Stephanie	\$29 / \$57 (\$5)	
		TU	5:45AM-6:45AM	Rachel	\$29 / \$57 (\$5)	
		TU	9:35AM-10:35AM	Erin	\$29 / \$57 (\$5)	
		TU	6:00PM-7:00PM	Joella	\$29 / \$57 (\$5)	
		W	6:00AM-7:00AM	Joella	\$29 / \$57 (\$5)	
		TH	5:45AM-6:45AM	Erin	\$29 / \$57 (\$5)	
		TH	9:25AM-10:25AM	Catherine	\$29 / \$57 (\$5)	
		TH	6:00PM-7:00PM	Joella	\$29 / \$57 (\$5)	
		F	5:45AM-6:45AM	Jeremiah	\$25 / \$52 (\$5)	
		F	9:00AM-10:00AM	Jen P.	\$25 / \$52 (\$5)	
		SA	8:00AM-9:00AM	(rotation)	\$29 / \$57 (\$5)	
		SA	9:15AM-10:15AM	(rotation)	\$29 / \$57 (\$5)	

SMALL GROUP TRAINING PROGRAMS

SPRING programs run for 8 weeks

CLASS & DROP IN DETAILS	INTENSITY LEVEL	DAY	TIME	INSTRUCTOR	MEMBER/NON-MEMBER (DROP-IN)
FUNDAMENTAL OF STRENGTH TRAINING	1 2	TU	4:30PM-5:30PM	Marianne	\$78 / \$114
		TH	4:30PM-5:30PM	Marianne	\$78 / \$114
TREAD & SHRED	1 2 3	M	9:45AM-10:45AM	Erin N.	\$86 / \$116
		TH	9:45AM-10:45AM	Erin N.	\$86 / \$116
		SA	6:30AM-7:30AM	Erin N.	\$86 / \$116
TRX BODY BLAST	1 2 3	W	10:15AM-11:15AM	Kelly	\$56 / \$85 (\$6)
TRX BOOT CAMP	2 3	TH	10:30AM-11:30AM	Catherine	\$56 / \$85 (\$6)
TRX CORE	1 2 3	TH	9:00AM-9:30AM	Jen P.	\$28 / \$48
TRX EXPRESS	1 2 3	M	5:45AM-6:30AM	Lisa G	\$42 / \$64 (\$6)
		M	9:00AM-9:45AM	Donna	\$42 / \$64 (\$6)
		M	5:45PM-6:30PM	LeeAnn	\$42 / \$64 (\$6)
		TU	11:45AM-12:30PM	Rosa	\$42 / \$64 (\$6)
		TU	5:30PM-6:15PM	Sandy	\$42 / \$64 (\$6)
		W	9:00AM-9:45AM	Val	\$42 / \$64 (\$6)
		F	10:45AM-11:30AM	Jessica	\$37 / \$56 (\$6)
		SA	8:15AM-9:00AM	LeeAnn	\$42 / \$64 (\$6)
TRX INTRO	1 2 3	W	6:30PM-7:00PM	Kathy	FREE: Drop-in Only
		SA	9:00AM-9:30AM	LeeAnn	FREE: Drop-in Only