



ACTIVE OLDER ADULT / NEW TO EXERCISE REGISTRATION INFORMATION

18+ years old | Fall I Session: August 27 – October 21, 2017 (8 weeks*)

Registration: Member: August 12-24, 2017 | Non-Member: August 19-24, 2017

*No classes/programs on Monday, September 4, 2017 (Labor Day); all Monday classes/programs will only run 7 weeks.

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

The classes listed below are suggestions for New to Exercisers/Active Older Adults.

View our Adult Registration Information & Program Guide for details on all the adult programs/classes we offer!

UPCOMING SPECIAL EVENTS –Brad Pontius, Program Director x217 or bpontius@bcfymca.org

EVENT	DAY & TIME	DESCRIPTION
2 nd ANNUAL COLOR COURSE	Sun. Sept. 10, 2017 Begins at 1:30PM	Families will work as a team to complete our 2nd Annual colorful obstacle course challenge! The event includes obstacles with chalk-powder color blasts around every corner! View the flyer for complete details. Early Bird Registration is open through Aug. 31 st ; Member \$25 Non-Member \$35

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		
ADULT VOLLEYBALL LEAGUE	Competitive	TU	One hour between 6:00PM-10:00PM	Regular season runs Sept. 19-Nov. 28 (no Oct. 31)	Free Agent: \$35 / \$45 Team: \$220
	Recreational	TH	One hour between 6:00PM-10:00PM	Regular season runs Sept. 21-Nov. 30 (no Nov. 23)	Free Agent: \$35 / \$45 Team: \$220

ARTS & HUMANITIES –Brad Pontius, Program Director x217 or bpontius@bcfymca.org



PROGRAM	LEVEL	DAY	TIME	# OF WEEKS	MEMBER/NON-MEMBER
BOOK CLUB: THE ROAD BACK TO YOU (Includes KidQuarium pass and book.)	Adult	TU	9:30AM-10:30AM	8 weeks	\$40 / \$50 *due to increased book price
		TU	6:30PM-7:30PM	8 weeks	\$40 / \$50 *due to increased book price
COUPLE'S SOCIAL DANCING	Adult	SA	5:00PM-6:30PM	Sept. 2: Free Intro Class! 7 weeks (Sept. 9 – Oct. 21)	\$130 / \$220 per couple Drop-in rate: \$25 per couple


HEALTHY LIVING –Kathy Hensler, Healthy Living Director x226 or khensler@bcfymca.org

LAND GROUP EXERCISE CLASSES Ages 14+ **Fall I classes run for 8* weeks** *No classes/programs on Monday, Sept. 4, 2017

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)
 BODY PUMP ALL-INCLUSIVE PASS: Take one Body Pump class or take them all! \$40 (members only)					
 BODY PUMP	1 2 3	M	10:00AM-11:15AM	Rosa	*\$25 / \$52 (\$5)
		M	5:30PM-6:45PM	Brenda	*\$25 / \$52 (\$5)
		W	10:00AM-11:15AM	Jessica C.	\$29 / \$57 (\$5)
		W	5:30PM-6:45PM	Brenda	\$29 / \$57 (\$5)
		F	5:30AM-6:45AM	Jessica C.	\$29 / \$57 (\$5)
		SA	9:15AM-10:30AM	Brenda	\$29 / \$57 (\$5)
		SU	11:00AM-12:15PM	Jessica C.	\$29 / \$57 (\$5)

 DAWN CRACKERS RUNNING CLUB		Tues. 5:30AM/North Boundary Park, Thurs. 5:30AM/North Boundary Park, Sat. 8:05AM/YMCA,		Tues. 9:00AM/YMCA, Thurs. 9:00AM/YMCA, Sun. 7:00AM at CVE Elementary School		Joella	\$45 / \$55
DELAY THE DISEASE™		1 2 3	W	1:00PM-2:00PM	Anna	\$32 / \$48 (\$5)	
			F	1:00PM-2:00PM	Kathy	\$32 / \$48 (\$5)	
YOGA	POWER UP MORNING YOGA		TU	5:35AM-6:35AM	Kellen	\$29 / \$57 (\$5)	
			W	5:35AM-6:35AM	Kellen	\$29 / \$57 (\$5)	
	SLO-GA YOGA		1 2 3	M	6:30PM-7:30PM	Flor	*\$25 / \$52 (\$5)
				F	9:00AM-10:00AM	Flor	\$29 / \$57 (\$5)
	YIN YOGA		1 2 3	W	7:30PM-8:30PM	Kellen	\$29 / \$57 (\$5)
YOGA		1 2 3	M	9:00AM-10:00AM	Diana	*\$25 / \$52 (\$5)	

GROUP CYCLE CLASSES

Ages 14+ Fall I classes run for 8* weeks

*No classes/programs on Monday, Sept. 4, 2017

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)
CYCLE BOOT CAMP	1 2 3	W	6:05PM-7:35PM	Kristie	\$55 / \$109 (\$5)
CYCLE FOR HEALTH	1 2	M	10:45AM-11:15AM	Catherine	*FREE / \$22 (\$3)
		W	5:30PM-6:00PM	Stephanie	FREE / \$25 (\$3)
		F	10:45AM-11:15AM	Rotation	FREE / \$25 (\$3)
GROUP CYCLE	1 2 3	M	5:45AM-6:45AM	Jeremiah	*\$25 / \$52 (\$5)
		M	9:30AM-10:30AM	Catherine	*\$25 / \$52 (\$5)
		M	6:30PM-7:30PM	Sherry	*\$25 / \$52 (\$5)
		TU	5:45AM-6:45AM	Rachel	\$29 / \$57 (\$5)
		TU	9:35AM-10:35AM	Erin	\$29 / \$57 (\$5)
		TU	6:00PM-7:00PM	Jen R.	\$29 / \$57 (\$5)
		W	5:45AM-6:45AM	Joella	\$29 / \$57 (\$5)
		W	9:30AM-10:30AM	Catherine	\$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	\$29 / \$57 (\$5)
		F	9:30AM-10:30AM	Rotation	\$29 / \$57 (\$5)
		SA	9:15AM-10:15AM	Jen P.	\$29 / \$57 (\$5)
SA	8:00AM-9:00AM	(rotation)	\$29 / \$57 (\$5)		

SMALL GROUP TRAINING PROGRAMS

Fall I classes run for 8* weeks

*No classes/programs on Monday, Sept. 4, 2017

CLASS & DROP IN DETAILS	INTENSITY LEVEL	DAY	TIME	INSTRUCTOR	MEMBER/NON-MEMBER (DROP-IN)
FUNDAMENTALS OF STRENGTH TRAINING	1 2 3	TU	5:00PM-6:00PM	Lisa M.	\$75 / \$100
		TH	5:00PM-6:00PM	Lisa M.	\$75 / \$100
TRX EXPRESS	1 2 3	M	5:45AM-6:30AM	Lisa G	*\$37 / \$56 (\$6)
		TU	5:30PM-6:15PM	Bob	\$42 / \$64 (\$6)
		TU	11:45AM-12:30PM	Rosa	\$42 / \$64 (\$6)
		SA	8:45AM-9:30AM	LeeAnn	\$42 / \$64 (\$6)
TRX INTRO	1 2 3	M	11:30AM-12:00PM	Catherine	FREE: Drop-in Only
		W	6:30PM-7:00PM	Kathy	FREE: Drop-in Only