



ADULT 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.

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

| EVENT | DAY & TIME | DESCRIPTION |
|--------------------------------|---|--|
| 2nd 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. 31st; 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+ welcome – 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) |
|---|-----------------|-----|-----------------|------------|-----------------------------|
| ADVANCED WEIGHT TRAINING – CORE STRENGTH | 2 3 | M | 5:35AM-6:35AM | Kathy | *\$25 / \$52 (\$5) |
| | | TU | 8:25AM-9:30AM | Erin | \$29 / \$57 (\$5) |
| | | TU | 6:30PM-7:30PM | Stephanie | \$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 BODY PUMP ALL-INCLUSIVE PASS: Take one Body Pump class or take them all! \$40 (members only) | | | | | |
| LESMILLS BODYPUMP 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, 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 | |
| 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 | 1 2 3 | 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) | |

Beginning Fall I, Fitness Boxing is included in membership! Classes will still run the same days & times; see the block schedule for details.

GROUP CYCLE CLASSES Ages 14+ welcome – **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 | 8:00AM-9:00AM | (rotation) | \$29 / \$57 (\$5) |
| SA | 9:15AM-10:15AM | Jen P. | \$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 |
| TREAD & SHRED | 1 2 3 | M | 9:45AM-10:45AM | Erin N. | *\$65 / \$90 |
| | | TH | 9:45AM-10:45AM | Erin N. | \$75 / \$100 |
| TRX BODY BLAST | 1 2 3 | TH | 6:30PM-7:30PM | Bob | \$56 / \$85 (\$8) |
| TRX EXPRESS | 1 2 3 | M | 5:45AM-6:30AM | Lisa G | *\$37 / \$56 (\$6) |
| | | TU | 11:45AM-12:30PM | Rosa | \$42 / \$64 (\$6) |
| | | TU | 5:30PM-6:15PM | Bob | \$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 |