



ACTIVE OLDER ADULT / NEW TO EXERCISE

REGISTRATION INFORMATION

18+ years old | Fall II Session: October 22 – December 23, 2017 (9 weeks*)

Registration: Member: October 7 - 19, 2017 | Non-Member: October 14-19, 2017

*No classes/programs on Thanksgiving, Thursday, November 23.

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 –Nik Cubbison, Program Director x217 or ncubbison@bcfymca.org

View the event flyers for complete details.

- Trunk or Treat: Oct. 21, 3-5PM
- Fall Ball: Nov. 18, 5-7PM
- Brunch with Santa: Dec. 16, begins @ 9AM

SPORTS & LEAGUES – Nik Cubbison, Program Director x217 or ncubbison@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 – Nik Cubbison, Program Director x217 or ncubbison@bcfymca.org

PROGRAM	LEVEL	DAY	TIME	# OF WEEKS	MEMBER/NON-MEMBER
BOOK CLUB: Boundaries: When to Say Yes, How to Say No To Take Control of Your Life (Includes KidQuarium pass and book.)	Adult	TU	9:30AM-10:30AM	8 weeks	\$40 / \$50
		TU	6:30PM-7:30PM	8 weeks	\$40 / \$50
COUPLE'S SOCIAL DANCING	Adult	SA	5:00PM-6:30PM	7 weeks	\$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 II classes run for 9* weeks

*No classes/programs on Thanksgiving, Thursday, November 23.

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! \$45 (members only)					
BODY PUMP	1 2 3	M	10:00AM-11:15AM	Rosa	\$33 / \$64 (\$5)
		M	5:30PM-6:45PM	Brenda	\$33 / \$64 (\$5)
		W	10:00AM-11:15AM	Jessica C.	\$33 / \$64 (\$5)
		W	5:30PM-6:45PM	Brenda	\$33 / \$64 (\$5)
		*No class 11/24 F	5:35AM-6:45AM	Jessica C.	*\$29 / \$57 (\$5)
*Free 11/25 SA	9:15AM-10:30AM	Bob	*\$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)	
			*No class 11/24 F	1:00PM-2:00PM	Kathy	*28 / \$44 (\$5)	
YOGA	SLO-GA YOGA		1 2 3	M	6:30PM-7:30PM	Flor	\$33 / \$64 (\$5)
			*Free 11/24 F	9:00AM-10:00AM	Flor	*\$29 / \$57 (\$5)	
	YIN YOGA		1 2 3	W	7:30PM-8:30PM	Kellen	\$33 / \$64 (\$5)
	YOGA		1 2 3	M	9:00AM-10:00AM	Diana	\$33 / \$64 (\$5)
			W *NEW*	10:30AM-11:30AM	Kathy H.	FREE / \$64 (\$5)	

GROUP CYCLE CLASSES Ages 14+ **Fall II classes run for 9* weeks** *No classes/programs on Thanksgiving, Thurs., Nov. 23.
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)
GFF ENDURANCE CYCLE	1 2 3	W	6:05PM-7:35PM	Joella	\$62 / \$123 (\$8)
ENDURANCE CYCLE	1 2 3	*Free 11/25 SA	5:45AM-7:45AM	Joella	*\$58 / \$114 (\$10)
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)
CYCLE/BARRE *NEW*	1 2 3	TU *No class 10/31	Cycle: 7:00PM-7:30PM Barre: 7:30PM-8:00PM	Sophia	FREE / *\$28 (\$3)
GROUP CYCLE	1 2 3	M	5:45AM-6:45AM	Jeremiah	\$33 / \$64 (\$5)
		M	9:30AM-10:30AM	Catherine	\$33 / \$64 (\$5)
		M	6:30PM-7:30PM	Sherry	\$33 / \$64 (\$5)
		TU	5:45AM-6:45AM	Rachel	\$33 / \$64 (\$5)
		TU	9:35AM-10:35AM	Erin	\$33 / \$64 (\$5)
		TU *No class 10/31	6:00PM-7:00PM	Jen R.	*\$29 / \$57 (\$5)
		W	5:45AM-6:45AM	Jamie K.	\$33 / \$64 (\$5)
		W	9:30AM-10:30AM	Catherine	\$33 / \$64 (\$5)
		TH	5:45AM-6:45AM	Erin	*\$29 / \$57 (\$5)
		TH	9:30AM-10:30AM	(rotation)	*\$29 / \$57 (\$5)
		TH	6:00PM-7:00PM	Joella	*\$29 / \$57 (\$5)
		*Free 11/24 F	5:45AM-6:45AM	Jeremiah	*\$29 / \$57 (\$5)
		*Free 11/24 F	9:30AM-10:30AM	(rotation)	*\$29 / \$57 (\$5)
		*Free 11/25 SA	8:00AM-9:00AM	(rotation)	*\$29 / \$57 (\$5)
		*Free 11/25 SA	9:15AM-10:15AM	Jen P.	*\$29 / \$57 (\$5)
*Free 11/26 SU	10:00AM-11:00AM	Jen R.	*\$29 / \$57 (\$5)		

SMALL GROUP TRAINING PROGRAMS **Fall II classes run for 9* weeks** *No classes on Thanksgiving, Thurs., Nov. 23.

CLASS & DROP IN DETAILS	INTENSITY LEVEL	DAY	TIME	INSTRUCTOR	MEMBER/NON-MEMBER (DROP-IN)
FUNDAMENTALS OF STRENGTH TRAINING	1 2 3	TU *No class 10/31	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	\$47 / \$72 (\$6)
		M	5:45PM-6:30PM	Bob	\$47 / \$72 (\$6)
		TU	11:45AM-12:30PM	Rosa	\$47 / \$72 (\$6)
TRX INTRO	1 2 3	M	11:30AM-12:00PM	Catherine	FREE: Drop-in Only
		TU *No class 10/31	6:00PM-6:30PM	Kathy	FREE: Drop-in Only