



ACTIVE OLDER ADULT / NEW TO EXERCISE REGISTRATION INFORMATION

18+ years old | Winter I: January 7 – February 24, 2018 (7 weeks)

Registration: Member: Dec. 2, 2017 – Jan. 4, 2018 | Non-Member: Dec. 9, 2017 – Jan. 4, 2018

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 "Upcoming Event Flyer" for complete details. (Member/Non-Member)

- **Dive-In Movie:** Fri., Jan. 19, 2018 | Registration: 12/15/17 – 1/15/18 | Free /\$5 (per person)
- **Prince Court:** Fri., Feb. 16, 2018 | Registration: 12/15/17 – 2/10/18 | 1 boy: \$25/\$35, 2+ boys: \$30/\$40
- **Princess Ball:** Fri., March 2, 2018 | Registration: 1/15/18 – 2/25/18 | 1 girl: \$25/\$35, 2+ girls: \$30/\$40

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

PROGRAM	DAY	TIME	# OF WEEKS	MEMBER/NON-MEMBER
ADULT CO-ED VOLLEYBALL LEAGUE	Competitive TU	6:00PM-10:00PM	10 weeks; Jan. 16 – Mar. 20	Team (6-10 people): \$230 Free-Agent: \$40/\$50
	Recreational TH	6:00PM-10:00PM	10 weeks; Jan. 18 – Mar. 22	
KEYSTONE MARTIAL ARTS (Tang Soo Do)	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		
PICKLEBALL LEAGUE	SU	8:00AM-11:00AM	10 weeks (Jan. 14 – Mar. 18)	Team (2 people): \$70

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

PROGRAM	LEVEL	DAY	TIME	# OF WEEKS	MEMBER/NON-MEMBER
BOOK CLUB: "Uninvited" by Lysa Terkheurst (Includes KidQuarium pass and book.)	Adult	TU	9:30AM-10:30AM	7 weeks	\$45 / \$55
		TU	6:30PM-7:30PM	7 weeks	\$45 / \$55
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 – Winter I classes run for 7 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)
BODY PUMP ALL-INCLUSIVE PASS: Take one Body Pump class or take them all! \$35 (members only)					
BODY PUMP	1 2 3	M	10:00AM-11:15AM	Rosa	\$25 / \$44 (\$5)
		M	5:30PM-6:45PM	Brenda	\$25 / \$44 (\$5)
		W	10:00AM-11:15AM	Jessica C.	\$25 / \$44 (\$5)
		W	5:30PM-6:45PM	Brenda	\$25 / \$44 (\$5)
		F	5:35AM-6:45AM	Jessica C.	\$25 / \$44 (\$5)
		SA	9:15AM-10:30AM	Bob	\$25 / \$44 (\$5)

 DAWN CRACKERS RUNNING CLUB		Tues. 5:30AM/North Boundary Park, Tues. 9:00AM/YMCA, -Every 3rd Tuesday: Sheetz hill (meet at the YMCA). Thurs. 5:30AM/North Boundary Park, Thurs. 9:00AM/YMCA,		Joella	\$35 / \$45	
DELAY THE DISEASE™		1 2 3	W	1:00PM-2:00PM	Anna	\$25 / \$44 (\$5)
			F	1:00PM-2:00PM	Kathy	\$25 / \$44 (\$5)
YOGA	SLO-GA YOGA	1 2 3	M	6:30PM-7:30PM	Flor	\$25 / \$44 (\$5)
			F	9:00AM-10:00AM	Flor	\$25 / \$44 (\$5)
	YIN YOGA	1 2 3	W	7:30PM-8:30PM	Kellen	\$25 / \$44 (\$5)
	YOGA	1 2 3	M	9:00AM-10:00AM	Diana	\$25 / \$44 (\$5)
			W	10:30AM-11:30AM	Kathy	FREE / \$44 (\$5)

GROUP CYCLE CLASSES

Ages 14+ welcome – **Winter I classes run for 7 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)
GFF ENDURANCE CYCLE	1 2 3	W	6:05PM-7:35PM	Joella	\$48 / \$95 (\$8)
ENDURANCE CYCLE	1 2 3	SA	5:45AM-7:45AM	Joella	\$58 / \$114 (\$10)
CYCLE FOR HEALTH	1 2	M	10:45AM-11:15AM	Catherine	FREE / \$24 (\$3)
		W	5:30PM-6:00PM	Stephanie	FREE / \$24 (\$3)
		F	10:45AM-11:15AM	(rotation)	FREE / \$24 (\$3)
CYCLE/BARRE	1 2 3	TU	Cycle: 7:05PM-7:35PM Barre: 7:35PM-8:05PM	Sophia	FREE / \$24 (\$3)
GROUP CYCLE	1 2 3	M	5:45AM-6:45AM	Jeremiah	\$25 / \$44 (\$5)
		M	9:30AM-10:30AM	Catherine	\$25 / \$44 (\$5)
		M	6:30PM-7:30PM	Sherry	\$25 / \$44 (\$5)
		TU	5:45AM-6:45AM	Rachel	\$25 / \$44 (\$5)
		TU	9:35AM-10:35AM	Erin	\$25 / \$44 (\$5)
		TU	6:00PM-7:00PM	Jen R.	\$25 / \$44 (\$5)
		W	9:30AM-10:30AM	Catherine	\$25 / \$44 (\$5)
		TH	5:45AM-6:45AM	Erin	\$25 / \$44 (\$5)
		TH	9:30AM-10:30AM	(rotation)	\$25 / \$44 (\$5)
		TH	6:00PM-7:00PM	Joella	\$25 / \$44 (\$5)
		F	5:45AM-6:45AM	Jeremiah	\$25 / \$44 (\$5)
		F	9:30AM-10:30AM	(rotation)	\$25 / \$44 (\$5)
		SA	8:00AM-9:00AM	(rotation)	\$25 / \$44 (\$5)
		SA	9:15AM-10:15AM	Jen P.	\$25 / \$44 (\$5)
SU	10:00AM-11:00AM	Jen R.	\$25 / \$44 (\$5)		

SMALL GROUP TRAINING PROGRAMS

Winter I classes run for 7 weeks

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.	\$36 / \$56 (\$6)
		M	6:45PM-7:30PM	Bob	\$36 / \$56 (\$6)
TRX INTRO	1 2 3	TU	5:30PM-6:00PM	Kathy	FREE: Drop-in Only
		FR	10:35AM-11:05AM	Jessica T.	FREE: Drop-in Only