



ACTIVE OLDER ADULT / NEW TO EXERCISE / ADULT REGISTRATION INFORMATION

BEGINNING
FEBRUARY 25TH,
ALL GROUP
EXERCISE CLASSES
WILL BE FREE!

18+ years old | Winter II: February 25 – April 14, 2018 (7 weeks*)

Registration: Member: February 10-22, 2018 | Non-Member: February 17-22, 2018

*The Y will be closed Friday, March 30th (Good Friday) & Sunday, April 1st (Easter Sunday). Registration dates apply to all programs unless otherwise noted. Information for programs that do not require registration are available on the facility schedules. Program descriptions are available in the Adult/Active Older Adult Program Guide. Schedule is subject to change.

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

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

- Prince Court: Fri., Feb. 16, 2018 | Registration: open through 2/10/18 | 1 boy: \$25/\$35, 2+ boys: \$30/\$40
- Princess Ball: Fri., March 2, 2018 | Registration: open through 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
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		
MEN'S PICK-UP BASKETBALL	TU, W & F	5:30AM-7:30AM	*No Fee / No Registration. Please contact Nik Cubbison for details; 724.452.9122 x217 or ncubbison@bcfymca.org	
WOMEN'S PICK-UP BASKETBALL	M	7:00PM-10:00PM		


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

PROGRAM	LEVEL	DAY	TIME	# OF WEEKS	MEMBER/NON-MEMBER
BOOK CLUB: "The Simplified Life" by Emily Ley (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

SMALL GROUP TRAINING PROGRAMS Winter II classes run for 7 weeks*

Intensity Levels (1: Beginner 2: Intermediate 3: Advanced): Modifications given by instructor to workout at your own level.

PROGRAM	INTENSITY LEVEL	DAY	TIME	INSTRUCTOR	MEMBER/NON-MEMBER (DROP-IN)	
 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)	
		*No class 3/30 F	1:00PM-2:00PM	Kathy	*\$21 / \$38 (\$5)	
YOGA	1 2	*No class 4/1	SU	10:00AM-11:00AM	Anne	*\$21 / \$38 (\$5)
		*No class 4/1	SU	11:00AM-12:00PM	Anne	*\$21 / \$38 (\$5)
FUNDAMENTALS OF STRENGTH TRAINING	1 2 3	W	10:00AM-11:00AM	Lisa M.	\$75 / \$100	
		W	5:00PM-6:00PM	Lisa M.	\$75 / \$100	
TREAD & SHRED	1 2 3	TH	9:45AM-10:45AM	Erin N.	\$75 / \$100	
		TH	5:30PM-6:30PM	Jamie Kemper	\$75 / \$100	
		SA	8:00AM-9:00AM	(rotation)	\$75 / \$100	
TRX EXPRESS	1 2 3	M	5:45AM-6:30AM	Lisa G.	\$25 / \$44 (\$5)	
		M	6:45PM-7:30PM	Bob	\$25 / \$44 (\$5)	
		W	6:30PM-7:15PM	Bob	\$25 / \$44 (\$5)	
		TH	9:30AM-10:15AM	Jessica T.	\$25 / \$44 (\$5)	
TRX INTRO	1 2 3	TU	5:30PM-6:00PM	Kathy	FREE: Drop-in Only	
		*No class 3/30 F	10:35AM-11:05AM	Jessica T.	FREE: Drop-in Only	