



ACTIVE OLDER ADULT / NEW TO EXERCISE / ADULT REGISTRATION INFORMATION

ALL GROUP EXERCISE CLASSES ARE FREE!

18+ years old | Spring: April 15 – June 1, 2018 (7 weeks*)

*The Y will be closed Monday, May 28th (Memorial Day)

Registration: **Member:** March 31 – April 12, 2018 | **Non-Member:** April 7-12, 2018

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.

SAVE THE DATE!

HEALTHY KIDS DAY®

Saturday, April 28, 2018

11:00AM-2:00PM

(Member / Non-Member)

Free Community Event

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 7 Habits of Highly Effective People" by Stephen R. Covey (Includes KidQuarium pass and book.)	Adult	TU	9:30AM-10:30AM	7 weeks	\$45 / \$65
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

Free Land Group Exercise class details will be available on the facility schedule!

SMALL GROUP TRAINING PROGRAMS

Spring 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)
		F	1:00PM-2:00PM	Kathy	\$25 / \$44 (\$5)
YOGA BABY AND ME YOGA	1 2	SU	10:00AM-11:00AM	Anne	\$25 / \$44 (\$5)
		SU	11:00AM-12:00PM	Anne	\$25 / \$44 (\$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	*No class 5/28 5:45AM-6:30AM	Lisa G.	*\$21 / \$38 (\$5)
		M	*No class 5/28 6:45PM-7:30PM	Bob	*\$21 / \$38 (\$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
		F	10:35AM-11:05AM	Jessica T.	FREE: Drop-in Only

