



ACTIVE OLDER ADULT / NEW TO EXERCISE / ADULT REGISTRATION INFORMATION

18+ years old | Summer I: June 3 – July 14, 2018 (6 weeks*)

ALL GROUP
EXERCISE
CLASSES
ARE FREE!

*The Y will be closed Wednesday, July 4, 2018 (Independence Day)

Registration: Member: May 19-31, 2018 | **Non-Member:** May 26-31, 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 DATES!

(Member / Non-Member)

Super Hero 1K Sunday, June 24, 2018, 11:00AM-1:00PM Early Bird (June 1-21) : \$25/\$35 | Day Of: \$30/\$40
Come and participate in our SUPER FUN family event. Show off your SUPER SPEED while dressed like your favorite SUPER HERO! Fun for all ages, strollers are permitted! • Best costume will win a prize! • Activities, music and food! • Walk or run, it's untimed!

Movie in the Field Friday, July 20, 2018, 7:00PM-9:00PM \$5 per family
Bring your family and join us for a movie in our field! We'll provide the movie and popcorn. Make sure to bring a blanket!

SPORTS & LEAGUES – Carrie Ohorodnyk, Executive Director x232 or cohoro@bcfymca.org

PROGRAM	DAY	TIME	# OF WEEKS	MEMBER/NON-MEMBER
ADULT VOLLEYBALL CLINIC	TH	6:30PM-8:30PM	6 wks; June 14 – July 19	\$35 / \$45
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 Carrie Ohorodnyk 724.452.9122 x232 or cohoro@bcfymca.org	
WOMEN'S PICK-UP BASKETBALL	M	7:00PM-10:00PM		

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 Summer I classes run for 6 weeks* (*No class on 7/4)

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)
COUCH TO 5K	1 2 3	TU	7:00PM-7:45PM	Kathy H.	\$64 / \$88
		TH	8:00AM-8:45AM	Kathy H.	\$64 / \$88
		SA	8:30AM-9:15AM	Rachel M.	\$64 / \$88
CHOOSE TO LOSE FRESHMAN 10	1 2 3	SA	10:30AM-12:00PM	Rachel M.	\$150 / \$150
DEFINED INTERVENTION	2 3	M	8:30AM-9:15AM	Jessica T.	\$50 / \$75 (\$10)
DELAY THE DISEASE™	1 2 3	W *No class 7/4	1:00PM-2:00PM	Anna	*\$18 / \$18 (\$5)
		F	1:00PM-2:00PM	Kathy	\$25 / \$25 (\$5)
EXPRESS 8	1 2 3	M	6:45AM-7:15AM	Kathy	\$25 / \$25 (\$5)
		TU	6:35PM-7:05PM	Jamie K.	\$25 / \$25 (\$5)
		W *No class 7/4	9:00AM-9:30AM	Rachel M.	\$20 / \$20 (\$5)
WORKOUT ROOKIES	1 2 3	W *No class 7/4	10:00AM-11:00AM	Lisa M.	*\$50 / \$75
SIZZLING SUMMER SLIMDOWN	1 2 3	W *No class 7/4	9:00AM-10:00AM June 27 – Sept. 5	Mary Lee	\$50 / \$50
		SA	6:00AM-7:00AM June 23 – Aug. 25	Kathy H.	\$50 \$50
TREAD & SHRED	1 2 3	TH	9:45AM-10:45AM	Erin N.	\$64 / \$88
		TH	5:30PM-6:30PM	Jamie Kemper	\$64 / \$88
		SA	7:30AM-8:30AM	(rotation)	\$64 / \$88

TRX EXPRESS	1 2 3	M	5:45AM-6:30AM	Lisa G.	\$21 / \$38 (\$5)
		M	6:45PM-7:30PM	Bob	\$21 / \$38 (\$5)
		W *No class 7/4	6:30PM-7:15PM	Bob	*\$18 / \$31 (\$5)
		TH	9:30AM-10:15AM	Jessica T.	\$21 / \$38 (\$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
WOW	1 2 3	M & W *No class 7/4	8:00AM-9:00AM	Kellie D.	*\$74 / \$90 (\$10)
		TU TH	6:30AM-7:30AM	Lisa M.	\$85 / \$100 (\$10)
		TU & TH	6:30PM-7:30PM	Jamie	\$85 / \$100 (\$10)
STRONG SENIORS	1 2	M & TH	11:30AM-12:30PM	Lisa M.	\$85 / \$100 (\$10)