



ACTIVE OLDER ADULT / NEW TO EXERCISE / ADULT REGISTRATION INFORMATION

ALL GROUP EXERCISE CLASSES ARE FREE!

18+ years old | Summer II: July 15 – September 1, 2018 (7 weeks)

Registration: Member: June 30 – July 12, 2018 | Non-Member: July 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 DATES!

(Member / Non-Member)

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
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 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)
COUCH TO 5K	1 2 3	F	8:00AM-8:45AM	Rachel M.	\$75 / \$100
DEFINED INTERVENTION	2 3	M	8:30AM-9:15AM	Jessica T.	\$58 / \$83 (\$10)
DELAY THE DISEASE™	1 2 3	W	1:00PM-2:00PM	Anna	\$25 / \$25 (\$5)
		F	1:00PM-2:00PM	Kathy	\$25 / \$25 (\$5)
EXPRESS 8	1 2 3	W	9:30AM-10:00AM	Rachel M.	\$25 / \$25 (\$5)
HEAVY BAG TRAINING	1 2 3	TU	10:30AM-11:30AM	Matt	\$85 / \$100 (\$10)
		SA	12:30PM-1:30PM	Matt	\$85 / \$100 (\$10)
SPARTAN GRIT	1 2	TH	9:00AM-10:00AM	Alicia	\$85 / \$100 (\$10)
STRONG SENIORS	1 2	M & TH	11:30AM-12:30PM	Lisa M.	\$95 / \$110 (\$10)
TREAD & SHRED	1 2 3	TH	9:45AM-10:45AM	Erin N.	\$75 / \$100 (\$10)
		TH	5:30PM-6:30PM	Jamie Kemper	\$75 / \$100 (\$10)
		SA	7:30AM-8:30AM	(rotation)	\$75 / \$100 (\$10)
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
		F	10:35AM-11:05AM	Jessica T.	FREE: Drop-in Only
WOW	1 2 3	TU & TH	6:30PM-7:30PM	Jamie	\$95 / \$110 (\$10)