



ACTIVE OLDER ADULT / NEW TO EXERCISE / ADULT REGISTRATION INFORMATION

18+ years old | Fall I: September 2 – October 27, 2018 (8 weeks*)

Registration: Member: August 18-30, 2018 | Non-Member: August 25-30, 2018 *No classes/programs on 9/3
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.

ALL GROUP
EXERCISE
CLASSES
ARE FREE!

SAVE THE DATES!

(Member / Non-Member)

Food Truck Round Up & Program Expo Fri., Aug. 24, 5PM-8PM Featuring: Bounce House, Program Demos, Face painting, Food & Fun!
Color Course Sat., Sept. 8 Arrive at 1:00PM, Course starts at 1:30PM Early Bird (through 8/31): \$25 / \$35 | Regular (9/1-9/8): \$30/\$40
Casino Royale Sat., Sept. 15 6:00PM-10:00PM Twelve Oaks Mansion, Mars, PA Benefits our Annual Support Campaign!
Talk Saves Lives: Preventing Suicide In Our Community Thurs., Sept. 20, 6:30PM-7:30PM Free Community Event! (view flyer for details)
Fore the Children Golf Classic Mon., Sept. 24, 2018 Butler Country Club Benefits Big Brothers Big Sisters of Butler County (BBBS)
LOOKING AHEAD: Trunk or Treat Sat., Oct. 20 • **Family Fall Ball** Sat., Nov. 17 • **Brunch With Santa** Sat., Dec. 15

SPORTS & LEAGUES – Ashley Vranick, Youth & Family Director x217 or avranick@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.	\$60 / \$105 (includes all three days)
	TH	8:00PM-9:00PM		
	SA	11:00AM-12:00PM		
LUCK OF THE DRAW PICKLEBALL CHALLENGE (Round Robin format)	M W	11:00AM-2:00PM	8 weeks; Sept. 5–Oct. 24	\$5 / \$10 (includes both days)
PICK-UP BASKETBALL	Men's TU, W & F	5:30AM-7:30AM	No Fee / No Registration.	
	Women's M	7:00PM-10:00PM		
VOLLEYBALL LEAGUE *Captain's meeting on Sept. 11 @ 6PM	Competitive TU	Games are played for 1 hour between 6:00PM-10:00PM	10 wks; Sept. 18-Nov. 27	\$40 / \$50 / Team: \$230
	Recreational TH		10 wks; Sept. 20-Nov. 29	\$40 / \$50 / Team: \$230

ARTS & HUMANITIES – Ashley Vranick, Youth & Family Director x217 or avranick@bcfymca.org

PROGRAM	DAY	TIME	# OF WEEKS	MEMBER/NON-MEMBER
WOMEN'S BOOK CLUB: The Path Between Us: An Enneagram Journey to Healthy Relationships by Suzanne Stabile	TU	9:30AM-10:30AM	8 weeks	\$45 / \$65 (includes book and free child watch in KidQuarium)

ACTIVE OLDER ADULTS – MARK YOUR CALENDAR FOR THESE SPECIAL EVENTS! Ages 60+ yrs

Friday, September 21 st 12PM-3PM Picnic in the Pavilion Corn Hole & Bocce. Hot dogs will be provided. Bring your favorite covered dish. No fee; registration recommended.	Monday, October 29 th 12PM-3PM Boo Bingo Refreshments will be served. Wear your favorite Halloween outfit (optional). No fee; registration recommended.	Monday, November 19 th 12PM-3PM National Monopoly Day A couple of games will be set up in Youth & Family for playing! Come join others for a game or two! No fee; registration recommended.	Monday, December 17 th Annual Christmas Brunch Starts at 11AM. Brunch will be catered. Details to follow! \$7.00 per person, registration required.
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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

Fall I classes run for 8* weeks (*No class Mon. 9/3)

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)
CHOOSE TO LOSE *10 wk program; Sept. 5 – Nov. 10; see flyer for details	1 2 3	W	9:00AM-10:30AM	Mary Lee	\$150 / \$150
		SA	7:00AM-8:30AM	Alicia	\$150 / \$150
CHOOSE TO LOSE MINI	Same days & times as full Choose to Lose class (above); must have completed full Choose to Lose class previously to participate in mini class.				\$80 / \$80
COUCH TO 5K	1 2 3	F	8:45AM-9:45AM	Rachel M.	\$64 / \$88 (\$10)
DEFINED INTERVENTION	2 3	M	*No class 9/3 9:00AM-9:45AM	Jessica T.	*\$58 / \$83 (\$10)
	2 3	W	10:00AM-10:45AM	Jessica T.	\$64 / \$88
DELAY THE DISEASE™	1 2	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	Kathy	\$25 / \$35 (\$5)
HEAVY BAG TRAINING	1 2 3	SU	9:30AM-10:30AM	Matt	\$64 / \$88 (\$10)
		SU	10:30AM-11:30AM	Matt	\$64 / \$88 (\$10)
PICKLEBALL POWER TRAINING	1 2 3	M	*No class 9/3 9:00AM-10:00AM	Kathy	*\$30 / \$65 (\$5)
		W	9:00AM-10:00AM	Kathy	\$35 / \$70 (\$5)
		TH	9:00AM-10:00AM	Kathy	\$35 / \$70 (\$5)
SPARTAN GRIT	2 3	W	7:15PM-8:15PM	Alicia	\$64 / \$88 (\$10)
		F	10:00AM-11:00AM	Alicia	\$64 / \$88 (\$10)
STRONG SENIORS	1 2	M & TH	*No class 9/3 11:30AM-12:30PM	Lisa M.	*\$99 / \$110 (\$10)
		M & TH	*No class 9/3 12:45PM-1:45PM	Lisa M.	*\$99 / \$110 (\$10)
TREAD & SHRED INTRO	1 2 3	M	*No class 9/3 9:30AM-10:15AM	Erin	*\$52 / \$72
		TU	5:30PM-6:15PM	Jamie	\$60 / \$80
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	*No class 9/3 5:45AM-6:30AM	Lisa G.	*\$25 / \$44 (\$5)
		M	*No class 9/3 6:45PM-7:30PM	Bob	*\$25 / \$44 (\$5)
		W	6:30PM-7:15PM	Bob	\$30 / \$50 (\$5)
		TH	9:30AM-10:15AM	Jessica T.	\$30 / \$50 (\$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	\$103 / \$117 (\$10)