



Waldo County YMCA

★ We build strong kids, strong families, strong communities. ★



Group

FITNESS/WELLNESS

Schedule



★ June 21 – September 12, 2010 ★

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Y	6:00 – 7:00 a.m. Outdoor Bootcamp <i>Traci</i>		Y		Y
9:00 - 10:00 a.m. Kickboxing <i>Don</i>	9:00 - 10:00 a.m. Interval Training <i>Susan</i>	9:00 - 10:00 a.m. Cardio Step <i>Tamera</i>	9:00 - 10:00 a.m. Pilates <i>Robin</i>	9:00 - 10:00 a.m. Interval Training <i>Dawn</i>	
10:15 - 11:15 a.m. Dynamic Definition <i>Tamera</i>	10:15 - 11:15 a.m. Forever Fit <i>Tamera</i>	10:15 - 11:15 a.m. Dynamic Definition <i>Tamera</i>	10:15 - 11:15 a.m. Zumba <i>Tamera</i>		Y
Y	YMCA		Group	Fitness	
2:00 - 3:00 p.m. Lifetime Fitness <i>Tamera</i> /\$		2:00 - 3:00 p.m. Lifetime Fitness <i>Tamera</i> /\$		2:00 - 3:00 p.m. Lifetime Fitness <i>Tamera</i> /\$	Schedule Subject to Change.
	4:00 – 5:00 p.m. Vinyasa Flow Yoga <i>Dawn</i>	4:00 – 5:00 p.m. Zumba <i>Tamera</i>	4:00 - 5:00 p.m. Vinyasa Flow Yoga <i>Dawn</i>	4:30 – 5:30 p.m. Zumba <i>Tamera</i>	
5:15 - 6:15 p.m. Cardio Step <i>Tamera</i>	6:30 - 8:00 p.m. Beginner Tae Kwon Do /\$		6:30 - 8:00 p.m. Beginner Tae Kwon Do /\$	Y	<i>Note: Specialty Classes require registration. See details on other side.</i> /\$
Y	6:30 - 8:00 p.m. Intermediate Tae Kwon Do /\$	Y	6:30 - 8:00 p.m. Intermediate Tae Kwon Do /\$	Facility Hours Monday - Thursday 5:00 a.m. - 9:00 p.m. Friday 5:00 a.m. - 6:00 p.m. Saturday 7:30 a.m. - 5:00 p.m. Sunday noon - 5:00 p.m.	
Wellness	6:30 - 8:00 p.m. Adult/Advanced Tae Kwon Do /\$		6:30 - 8:00 p.m. Adult/Advanced Tae Kwon Do /\$		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Denotes Specialty Class. Dates vary. Please see individual class description for specific dates and pricing.

GENERAL FITNESS CLASSES Payment Options

By 12 week session

Annual Member General Fitness Class Pricing:

\$ 30.00	Adult 12 - week session Unlimited
\$ 60.00	Adult Members 12-Class Card*
\$ 7.00	Adult Drop - in fee (per 60-min. class)
\$ 3.00	Adult Drop - in fee (per 30-min. class)

3-Month & Non-Member General Fitness Class Pricing:

\$ 110.00	Adult 12 - week session Unlimited
\$ 84.00	Adult 3-Month & Non-Members 12-Class Card*
\$ 10.00	Adult Drop - in fee (per 60-min. class)
\$ 6.00	Adult Drop - in fee (per 30-min. class)

* **12-Class Card:** Please take your card with you to each class. The instructor will punch the card before class starts.

PLEASE NOTE: Unused and lost cards are neither refundable nor transferable.

Must be ages 14 & up to participate in General Fitness Classes