



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPECIALTY FITNESS SCHEDULE

Small Group Personal Training Classes
LIBERTY TWP/POWELL YMCA

Fall II 2019
Oct 21st-
Dec 22nd

Registration begins:
Members- September 28th
Non-members- October 5th

(\$) = See Class Descriptions on back for Fee details.

	MON	TUES	WED	THURS	FRI	SAT	SUN
FUNCTIONAL STRENGTH (\$)	8:30-9:30a David		8:30-9:30a David		8:30-9:30a David		
TOTAL BODY TONING (\$)	9:30-10:30a David		9:30-10:30a David		9:30-10:30a David		
BODY SCULPT (\$)		9:30-10:15a Mandy		9:30-10:15a Mandy			
BODY SCULPT (\$)						9:30-10:15a Mandy	
SENIOR CIRCUIT (\$)	9:30-10:15a Mandy						
MAT PILATES & REFORMER (\$)				10:30-11:15a Natalie			

REGISTER on our website @ ymcacolumbus.org/hub or at our Welcome Desk.

CONTACT Michelle Cook by phone: 614-839-9622 or email: mcook@ymcacolumbus.org

CLASS DESCRIPTIONS

Prices include all classes during 9-week session, classes must have at least three people enrolled to run for the session.

Functional Strength

60-minute class, 3x week

Member: \$99⁹⁵ **Non-Member:** \$149⁹⁵

This trainer-led class will work on advancing your personal fitness in a group setting. The class takes place on our fitness floor, utilizing strength machines, free weights and open space. The class is designed for anyone looking to build strength and balance.

Class max: 10

Total Body Toning

60-minute class, 3x week

Member: \$99⁹⁵ **Non-Member:** \$149⁹⁵

This class is an exciting and fun workout designed to boost metabolism and strengthen the entire body. This class is perfect for anyone looking for guidance and encouragement in a more personalized setting.

Class max: 10

Mat Pilates & Reformer **>> NEW! <<**

45-minute class, 1x week

Member: \$59.95 **Non-Member:** \$79⁹⁵

Participants will receive tailored, small group instruction from a certified Pilates Mat and Reformer Trainer. You will learn the foundational poses of Classical Pilates and Reformer over a 6 week period, improving strength, flexibility and posture. Ability to work from the mat required. Class Max: 4

Body Sculpt

45-minute class, 1 x week

Member: \$45 **Non-Member:** \$69⁹⁵

45-minute class, 2 x week

Member: \$75 **Non-Member:** \$109⁹⁵

Summer is coming! Body Sculpt is a total body workout that includes cardio, strength training, and core. Get your body ready for warmer weather with this hour long group class that's sure to get you that jump start you need!

Class max: 10

Senior Circuit

45-minute class, 1x week

Member: \$45 **Non-Member:** \$69⁹⁵

This trainer led class will take place on the fitness floor and focus on strength, balance, flexibility, and endurance. The class will move throughout the fitness floor in a circuit style utilizing free weights, cardio machines, weight machines, BOSU, and TRX.

Class max: 10

**If you register for both Senior Circuit classes, a \$15 discount will be applied to your second registration. Contact Andrea, anorris@ymcacolumbus.org for assistance.

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