



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# February

## the Comeback

It's our annual two-hour cycle class led by Holt Williford. This year's ride features exciting footage of the 1989 Tour de France. Space is limited. Registration includes t-shirt and post-ride meal prepared by Chef Gardiner. Contact Kara for more information at 869-0151 or [kloggins@hpymca.org](mailto:kloggins@hpymca.org).

*Sunday, February 5, 2012 at 2 p.m.  
\$20 member, \$25 non-member*

### Partner Yoga

Sunday, February 12  
3 p.m. in the Upstairs Studio  
(no partner required!)  
Come ready to enjoy a  
light-hearted, playful class,  
with lots of extra stretch!



### Indoor Triathlon

Sponsored by  
*Triad Triathlon Team*

Sunday, Feb. 19  
Hartley Drive  
Family YMCA

For more information,  
check out  
[www.triadtriteam.com](http://www.triadtriteam.com).

### Cross-Training classes

incorporate a variety of equipment  
and exercises to improve functional fitness.  
Cross-Train classes meet in the Old Gym  
Tues. & Thurs. at 7:55 a.m. with Pam  
Wednesdays at 6 a.m. with Deborah



**Fitness Center**  
**open Sundays**  
**at 9 a.m.**

**SilverSneakers™ Lunch**  
Wednesday, February 15  
11:45 am

**Sign up at the Front Desk.**



**Hartley Drive Family YMCA  
and  
Transformation Nation Triad  
present:**

**Healthy Eating  
with  
Jeannie Applegate,  
WeightWatchers  
Ambassador**

**Saturday, February 4  
11:45 a.m.  
Upstairs Studio**

*You do not have to be a  
Transformation Nation Triad  
to attend.*

**Hartley Drive Family YMCA  
150 West Hartley Drive  
High Point, NC 27265**

### Building Hours:



**Monday-Friday 5 a.m. - 10 p.m.  
Saturday 7 a.m. - 6 p.m.  
Sunday 1 - 6 p.m.**



**Sports and Weather  
Hotline 888-6800**

YMCA mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

# Upstairs Studio - February

Mon	Tue	Wed	Thu	Fri	Sat	
		1 a.m. 5:45 Yoga Level 2/SS 8:35 MixedLevelYoga/KA 9:40 Cardio Blast/PC 10:40 SilverSneakII/DB p.m. 5:45 BodyFlex/PC 6:20 KettlebellPump/PC 7 MixedLevelYoga/SS	2 a.m. 6 KettlebellPlus/DS 8:35 Yoga Level 1/AJ 9:40 Power Pump/PC 10:40 SilverSneakers/SB p.m. 6 Body Works/WV 7 Zumba/VE	3 a.m. 5:45 CardioBootCamp/DS 8:35 YogaFlowLevl2/KA 10:40Zumba Gold/PT	4 a.m. 9:30 Body Works/WV 10:45 Yoga/AJ	
	6 a.m. 5:45 PowerPump/DS 8:35 MixedLevelYoga/AJ 9:40 BodyFlex/PC 10:40 SilverSneakers/DG p.m. 5:35 PowerPump/WV 6:35 Precision Abs/WV 7 MixedLevelYoga/KA	7 a.m. 6 KettlebellPlus/DS 8:35 Pilates Fusion/AJ 9:40 KickPunchCrunch/PC 10:40 SilverSneakers/DG p.m. 5 CardioKids/LR 6 TBM/WV 7 Zumba/PT	8 a.m. 5:45 Yoga Level 2/SS 8:35 MixedLevelYoga/KA 9:40 Cardio Blast/PC 10:40 SilverSneakII/DB p.m. 5:45 BodyFlex/PC 6:20 KettlebellPump/PC 7 MixedLevelYoga/LR	9 a.m. 6 KettlebellPlus/DS 8:35 Yoga Level 1/AJ 9:40 Power Pump/PC 10:40 SilverSneakers/SB p.m. 6 Body Works/LH 7 Zumba/UB	10 a.m. 5:45 CardioBootCamp/DS 8:35 YogaFlowLevl2/KA 10:40 Zumba Gold/PT	11 a.m. 9:30 Body Works/WV 10:45 Yoga/AJ
	13 a.m. 5:45 PowerPump/DS 8:35 MixedLevelYoga/AJ 9:40 BodyFlex/PC 10:40 SilverSneakers/DG p.m. 5:35 PowerPump/WV 6:35 Precision Abs/WV 7 MixedLevelYoga/KA	14 a.m. 6 KettlebellPlus/DS 8:35 Pilates/AJ 9:40 KickPunchCrunch/PC 10:40 SilverSneakers/DG p.m. 5 ZumatonicKids/PT 6 TBM/LH 7 Zumba/PT	15 a.m. 5:45 Yoga Level 2/SS 8:35 MixedLevelYoga/KA 9:40 Cardio Blast/PC 10:40 SilverSneakII/DB p.m. 5:45 BodyFlex/PC 6:20 KettlebellPump/PC 7 MixedLevelYoga/SS	16 a.m. 6 KettlebellPlus/DS 8:35 YogaLevel1/AJ 9:40 Power Pump/PC 10:40 SilverSneakers/SB p.m. 6 Body Works/WV 7 Zumba/UB	17 a.m. 5:45 CardioBootCamp/DS 8:35 YogaFlowLevl2/SS 10:40Zumba Gold/PT	18 a.m. 9:30 Body Works/LH 10:45 Yoga/LR
	20 a.m. 5:45 PowerPump/DS 8:35 MixedLevelYoga/AJ 9:40 BodyFlex/PC 10:40SilverSneakers/DG p.m. 5:35 PowerPump/WV 6:35 Precision Abs/WV 7 MixedLevelYoga/KA	21 a.m. 6 KettlebellPlus/DS 8:35 Pilates/AJ 9:40 KickPunchCrunch/PC 10:40 SilverSneakers/DG p.m. 5 CardioKids/LR 6 TBM/WV 7 Zumba/PT	22 a.m. 5:45 Yoga Level 2/SS 8:35 MixedLevelYoga/KA 9:40 Cardio Blast/PC 10:40 SilverSneakII/DB p.m. 5:45 BodyFlex/PC 6:20 KettlebellPump/PC 7 MixedLevelYoga/KA	23 a.m. 6 KettlebellPlus/DS 8:35 YogaLevel1/AJ 9:40 Power Pump/PC 10:40 SilverSneakers/SB p.m. 6 Body Works/LH 7 Zumba/UB	24 a.m. 5:45 CardioBootCamp/DS 8:35 YogaFlowLevl2/KA 10:40Sneakers/TBA	25 a.m. 9:30 Body Works/LH 10:45 Yoga/AJ
	27 a.m. 5:45 PowerPump/DS 8:35 MixedLevelYoga/AJ 9:40 BodyFlex/PC 10:40 SilverSneaker/DG p.m. 5:35 PowerPump/WV 6:35 Precision Abs/WV 7 MixedLevelYoga/KA	28 a.m. 6 KettlebellPlus/DS 8:35 Pilates/AJ 9:40 KickPunchCrunch/PC 10:40 SilverSneakers/DG p.m. 5 ZumatonicKids/PT 6 TBM/LH 7 Zumba/PT	29 a.m. 5:45 Yoga Level 2/SS 8:35 MixedLevelYoga/KA 9:40 Cardio Blast/PC 10:40 SilverSneakII/DB p.m. 5:45 BodyFlex/PC 6:20 KettlebellPump/PC 7 MixedLevelYoga/SS			<b>Sunday Yoga 4:30 p.m. Upstairs Studio</b>

Instructor key:  
KA = Karen Altenpohl  
SB = Sheila Bedington  
KB = Kirstin Blanchard  
UB = Uretha Bostic  
DB = Dee Burkepille  
PC = Pam Cadier

ZD = Zoe DeMoss  
VE = Vanessa Esquivel  
KG = Keith Gardiner  
DG = Denice Goodwill  
LH = Lynda Hamilton  
LI = Lisa Hauser  
AJ = Ann Johnson

CK = Cherri Kennedy  
SK = Stephanie Kennedy  
KK = Kelly Kenion  
KL = Kara Loggins  
JM = Josh Morgan  
MM = Melissa Marion  
PN = Pam Newby

JP = Josh Prevette  
AP = Al Purvis  
LR = Lisa Ripperton  
CS = Cindy Sheffield  
SS = Susan Sherrill  
DS = Deborah Short  
PT = Patty Torres

KV = Karen Valle  
WV = Wendy Vogl  
HW = Holt Williford

*Due to instructor availability, classes are subject to change without notice.*

Monday	Tuesday	Wednesday	Thursday	Friday	
		1 a.m. 9 KettlebellPump/PC 9:45 MixedLevelYoga/AJ	2 a.m. 8:35 PowerPump/WV 9:40 Lo Impact/DB p.m. 6:35 KettlebellPump/MM 7:10 BeginnerPilates/MM	3 a.m. 5:45 YogaLevel1/LI 7:55 KettlebellPump/DS 8:35 Pilates/DS 9:40 KettlebellPump/DS	4 a.m. 10:30 KettlebellPump/KL
6 a.m. 5:45 Yoga/LI 9 KettlebellPump/PC 9:45 Pilates/AJ p.m. 5:35 Step Interval/LH 6:35 KettlebellPlus/KB	7 a.m. 8 Yoga Level 1/KA 9:40 PowerPump/DG p.m. 5:35 Hi-Lo/SK 6:35 KettlebellPump/KG 7:10 BeginnerPilates/MM	8 a.m. 9 KettlebellPump/PC 9:45 MixedLevelYoga/AJ	9 a.m. 8:35 PowerPump/WV 9:40 Lo Impact/DB p.m. 6:35 KettlebellPump/MM 7:10 BeginnerPilates/MM	10 a.m. 5:45 YogaLevel1/LR 7:55 KettlebellPump/PC 8:35 Pilates/DS 9:40 KettlebellPump/PC	11 a.m. 10:30 KettlebellPump/LR
13 a.m. 5:45 Yoga/LI 9 KettlebellPump/PC 9:45 Pilates/AJ p.m. 5:35 Step Interval/LH 6:35 KettlebellPlus/KB	14 a.m. 8 Yoga Level 1/KA 9:40 PowerPump/DG p.m. 5:35 Hi-Lo/TBA 6:35 KettlebellPump/KG 7:10 BeginnerPilates/MM	15 a.m. 9 KettlebellPumpPC 9:45 MixedLevelYoga/AJ	16 a.m. 8:35 PowerPump/WV 9:40 Lo Impact/DB p.m. 6:35 KettlebellPump/MM 7:10 BeginnerPilates/MM	17 a.m. 5:45 YogaLevel1/LR 7:55 KettlebellPump/PC 8:35 Pilates/DS 9:40 KettlebellPump/PC	18 a.m. 10:30 KettlebellPump/TBA
20 a.m. 5:45 Yoga/LI 9 KettlebellPump/PC 9:45 Pilates/AJ p.m. 5:35 Step Interval/LH 6:35 KettlebellPlus/KL	21 a.m. 8 Yoga Level 1/KA 9:40 PowerPump/DB p.m. 5:35 Hi-Lo/SK 6:35 KettlebellPump/TBA 7:10 BeginnerPilates/MM	22 a.m. 9 KettlebellPump/PC 9:45 MixedLevelYoga/AJ	23 a.m. 8:35 PowerPump/WV 9:54 Lo Impact/DG p.m. 6:35 KettlebellPump/KB 7:10 BeginnerPilates/MM	24 a.m. 5:45 YogaLevel1/SS 7:55 KettlebellPump/PC 8:35 Pilates/DS 9:40 KettlebellPump/PC	25 a.m. 10:30 KettlebellPump/KL
27 a.m. 5:45 Yoga/LI 9 KettlebellPump/PC 9:45 Pilates/AJ p.m. 5:35 Step Interval/LH 6:35 KettlebellPlus/KB	28 a.m. 8 Yoga Level 1/KA 9:40 PowerPump/DG p.m. 5:35 Hi-Lo/TBA 6:35 KettlebellPump/KG 7:10 BeginnerPilates/MM	29 a.m. 9 KettlebellPump/PC 9:45 MixedLevelYoga/AJ	<h1>Fitness Center Studio</h1>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 a.m. 6 CS 9:45 KL p.m. 5:45 KV 6:45 MM	2 a.m. 6 AP 9 KL p.m. 5:45 MM	3 a.m. 6 KG 8:45 KK p.m. 5:45 MM	4 a.m. 8:40 KL
5 The Comeback 2-hour ride \$20/member \$25/non-member	6 a.m. 6 LR 9:45 KL p.m. 5:45 KL 6:45 Intro/MM	7 a.m. 6 LR 9 KL p.m. 5:45 KG	8 a.m. 6 CS 9:45 KK p.m. 5:45 KV 6:45 MM	9 a.m. 6 AP 9 KL p.m. 5:45 MM	10 a.m. 6 KG 8:45 HW p.m. 5:45 KL	11 a.m. 8:40 LR
12 p.m. 2 KL	13 a.m. 6 LR 9:45 KL p.m. 5:45 KL 6:45 Intro/MM	14 a.m. 6 LR 9 KL p.m. 5:45 KG	15 a.m. 6 CS 9:45 KK p.m. 5:45 KV 6:45 MM	16 a.m. 6 AP 9 KL p.m. 5:45 MM	17 a.m. 6 KG 8:45 KK p.m. 5:45 KL	18 a.m. 8:40 LR
19 p.m. 2 LR	20 a.m. 6 LR 9:45 KL p.m. 5:45 KL 6:45 Intro/MM	21 a.m. 6 LR 9 KL p.m. 5:45 TBA	22 a.m. 6 CS 9:45 KK p.m. 5:45 KV 6:45 MM	23 a.m. 6 AP 9 KL p.m. 5:45 MM	24 a.m. 6 KG 8:45 KK p.m. 5:45 KL	25 a.m. 8:40 KL
26 p.m. 2 MM	27 a.m. 6 TBA 9:45 KL p.m. 5:45 KL 6:45 Intro/MM	28 a.m. 6 KL 9 KL p.m. 5:45 KG	29 a.m. 6 CS 9:45 KL p.m. 5:45 KV 6:45 MM	<h1>Indoor Cycling Studio</h1>		

# February Water Exercise



Mon	Tue	Wed	Thu	Fri	Sat
		1 9 a.m./PF 9:45 a.m. AquaBlast/PF 2 p.m. Hinges/AS	2 9 am/KB 2 pm Hinges/CC 6 pm/SK 6:05 pm AquaBlast/CK	3 9 am/PF 9:45 am AquaBlast/PF	4 NOON/StK
6 9 am/PF 2 pm Hinges/JD	7 9 am/DO 2 pm Hinges/CC 6 pm/MJH	8 9 a.m./PF 9:45 a.m. AquaBlast/PF 2 p.m. Hinges/AS	9 9 am/KB 2 pm Hinges/CC 6 pm/MJH 6:05 pm AquaBlast/CK	10 9 am/CK 9:45 am AquaBlast/CK	11 NOON/SK
13 9 am/KB 2 pm Hinges/JD	14 9 am/DO 2 pm Hinges/CC 6 pm/MJH	15 9 am/PF 9:45 am Aqua Blast/PF 2 pm Hinges/AS	16 9 am/KB 2 pm Hinges/CC 6 pm/MJH 6:05 pm AquaBlast/CK	17 9 am/PF 9:45 am AquaBlast/PF	18 NOON/StK
20 9 am/PF 2 pm Hinges/JD	21 9 am/DO 2 pm Hinges/CC 6 pm/MJH	22 9 am/PF 9:45 am AquaBlast/PF 2 pm Hinges/AS	23 9 am/KB 2 pm Hinges/CC 6 pm/MJH 6:05 pm AquaBlast/CK	24 9 am/TBA 9:45 am AquaBlast/TBA	25 NOON/SK
27 9 am/PF 2 pm Hinges/JD	28 9 am/DO 2 pm Hinges/CC 6 pm/MJH	29 9 am/PF 9:45 am AquaBlast/PF 2 pm Hinges/AS			

**Instructor key:**

KB = Kathy Bennett  
 CC = Carol Conner  
 JD = Jessica Deen  
 PF = Patsy Foxworth  
 MJH = Mary Jane Hayworth  
 SK = Susan Keaton

StK = Stephanie Kennedy  
 CK = Cherri Kennedy  
 KL = Kara Loggins  
 DO = Deborah Oldham  
 AS = Andrea Stoddard  
 PT = Patty Torres  
 WV = Wendy Vogl

Water aerobics is a great, fast-paced, total body aerobic workout that takes place in the water. You do not need to know how to swim to participate.

**AquaBlast** is a high-intensity water workout. Join us and blast away those calories!

**Rusty Hinges** is a slower-paced, 45-minute low-intensity class designed for those with arthritis. Emphasis is on joint movement and stretching with minimal cardiovascular exertion.



Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. weights, elastic tubing, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Class is designed for Active Adults, but all ages are welcome.

**SilverSneakers I** (Tues. and Thurs.) entire class can be done from your chair.

**SilverSneakers II** (Mon. and Wed.) requires participants to be able to walk unassisted for 30 minutes.



# Group Exercise

Hartley Drive Family YMCA 150 West Hartley Drive High Point, NC 27265  
336-869-0151 www.hpymca.org

## CLASS DESCRIPTIONS *(not all classes will be offered)*

**BodyFlex:** BodyFlex is a muscular endurance class that uses a variety of equipment to train every major muscle group in four-minute segments. (Level 1-3)

**Body Works:** This high-energy class elevates your heart rate while using body bars, weights, and agility drills for a fun workout. (Level 1-3)

**Booty Camp:** Get your booty in shape by sculpting your gluteals, hip flexors and extensors with this great 25 minute class! (Level 1-3)

**BOSU:** BOSU classes improve your cardiovascular or aerobic fitness, muscular strength and endurance (especially for the ab and back muscles), and flexibility. BOSU classes also work on balance, coordination and body awareness. (Level 2,3)

**Cardio Blast:** This class offers carb-burning, non-stop-cardio, and may use interval or circuit training. This is a high intensity workout with a combination of step, slide, BOSU®, floor work, and plyometrics. Cardio Blast is high impact with low impact modifications. (Level 2,3)

**Cardio Combo:** Your instructor will lead you through challenging combinations of cardiovascular movement to exercise your mind as well as your body. Each week may present a different combination of Step, Lo Impact, Sculpting and/or Kickboxing in a circuit or interval format. (Level 1-3)

**Cardio Boot Camp:** This 35-minute, high-intensity caloric burn will have your heart pumping and your thighs shrinking! Take a class and enjoy the cardio intervals, plyometrics, and just plain fun! (Level 1-3)

**Cardio Kids:** A cardio and strength-training class designed specifically for 6 to 12 year olds. (Level 1)

**CORE:** Supplement your workouts with this intense 25 minute class focusing on exercises to strengthen the trunk and core (back and abdominal muscles.) You don't want to miss this! (Level 1-3)

**Cross-Training:** Functional fitness classes will challenge you in new ways. Never the same class twice! (Level 1-3)

**Easy Does It:** This is a great class for beginners, or anyone needing a refresher on basic exercise. (Level 1)

**Freestyle Friday:** Are you looking for a low impact cardio class with toning and sculpting elements? This class is for you! (Level 1-3)

**HiLo:** This class is a High Intensity, Low Impact Class! Great for all levels! (Level 1-3)

**Kettlebell Pump™:** Kettlebells offer an intense cardio and strength-training workout in a short amount of time. Functional training transfers into real life context. (Level 2-3) Kettlebell Plus features kettlebells and other cross-training techniques.

**Kick, Punch, and Crunch:** A great class with high energy for those who are looking for more than just kickboxing. This class incorporates floor work, aerobicing, and heavy abs for a great workout. (Level 1-3)

**Lo Impact:** Designed to get your body moving! Continuous movement and energetic music are combined to keep you working aerobically. At least ONE foot is in contact with the floor at all times, minimizing the amount of stress placed on the joints. Watch out! Lo Impact isn't always low intensity. (Level 1-3)

**Pilates Fusion:** This class combines the benefits of pilates with time saving strength exercises for a power packed workout in 55 minutes. (Level 1-3)

**Power Pump:** An intense class, designed to help you work harder to tone and strengthen total body muscles using weights, bands, body weight and/or flexiballs. Concentration on Abs, Glutes, and Thighs. A perfect compliment to your cardiovascular workout. **Power Pump Interval** class combines the intense toning and strength-training components from Power Pump class with cardio intervals. (Level 1-3)

## CLASS DESCRIPTIONS (CONTINUED)

**Precision Abs:** A 15 minute muscular endurance workout for you're abdominal and lower back muscles. (Level 1-3)

**SilverSneakers:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support. SilverSneakers I entire class can be done from your chair. SilverSneakers II requires participants to be able to walk unassisted for 30 minutes. (Class is designed for Active Adults, but all ages are welcome; Level 1-2).

**Step:** A predominately low impact activity, which involves stepping up and down on a platform while performing creative choreographic movements to music. The instructor will offer options in the workout to suit all levels. Beginner, Intermediate, and Advanced steppers are all welcome! For variety, step class may include **Step interval, Double step, Line step, step mix** or **step-n-slide**. (Level 1-2)

**Stretch:** This class focuses on two of the most neglected components of fitness: flexibility & relaxation. (Level 1)

**Strong Kids:** Strong Kids gives children an opportunity to work out using some equipment, body weight resistance, and lots of fun and games. Children of all ages are welcome! (Level 1-2)

**Total Body Movement (TBM):** This class incorporates non-stop movement using a variety of equipment. Work at your own pace and enjoy this great fat burning class! (Level 1-3)

**Yoga at the Y:** The more you work your body, the more you must let it stretch and extend. Enjoy a time of deep body-focused movement and meditation. Emphasis will be placed on proper breathing, correct body alignment, core stability and increased muscle awareness. This is a non-impact, progressive workout that builds in intensity as you improve your flexibility. The functional and integrated nature of movement that your body was born with will be enhanced. **Yoga Level 1** class is great for beginners who want to learn more, but do not know the poses (**Level 1**). **Yoga Level 2** classes introduce more challenging poses. Modifications are offered (**Level 2**). **Advanced Yoga** is a highly intense class with moves that are derived from YOGA. This class is for those who are looking for a challenge (**Level 3**)! **Yoga Flow** uses the vinyasa style of yoga. It involves the linking of poses together with the breath in a flowing series to create flexibility, strength, endurance and balance. It encourages each participant to move at their own rate of flexibility, and establishes modifications for more difficult poses. It is helpful to know some of the basic yoga poses since the class flows from pose to pose. Come find out what **YOGA** is about!

**Zumba®:** Zumba combines high energy and motivational music with unique moves and combinations. It's a fusion of Latin and International music-dance themes creating a dynamic, exciting, effective class. (Level 1-2) **Zumba Gold** is perfect for beginners or seniors. (Level 1) **Zumbatomic** is a children's class.

### INDOOR CYCLING CLASS DESCRIPTION

Classes last 45 minutes and are held in the Indoor Cycle room, which is located in the Co-Ed Fitness Center. Beginner, intermediate, and advanced exercisers can be accommodated in all classes. However, if you are a beginner, please plan on arriving 10 minutes prior to class, so that you are set up properly!! Participants must be at least 16 years of age and five feet tall. No one is allowed into class after class has begun. Please respect the class times!!! Space is limited to 25 bikes per class; please reserve a bike at the front desk. Bikes can be reserved up to 48 hours ahead of time.

Proper fitness attire is required: this includes closed toed shoes and a shirt at all times.

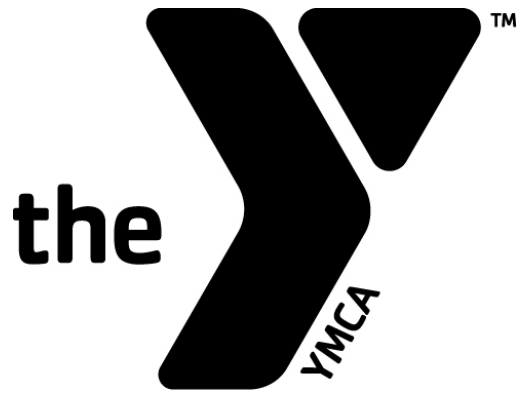
Children under the age of 16 may participate in class when a parent or guardian is present as long as they are not disruptive and can participate without presenting a risk to themselves or others.

### WATER EXERCISE CLASS DESCRIPTIONS

High-intensity water aerobics is a great, fast-paced, total body aerobic workout that takes place in the water. You do not need to know how to swim to participate. Refer to the Water Exercise Schedule for more accurate class descriptions.

\*\*Classes are subject to change without notice

*YMCA mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.*



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SilverSneakers™ Pancake Lunch

Wednesday,  
February 15  
11:45 a.m.  
Amos Gymnasium



Please make your FREE reservation  
at the Front Desk on or before  
February 13.



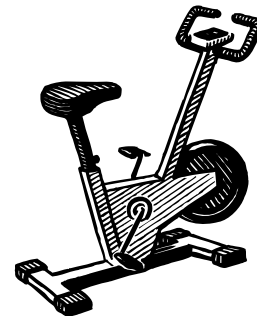


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# Introductory Classes

*Saturday, February 25*

*Intro to  
Indoor Cycling*  
8 a.m.  
Cycling Studio



*Intro to Kettlebells*  
10 a.m. Fitness Center Studio

Contact Kara for more information at  
[kloggins@hpymca.org](mailto:kloggins@hpymca.org).



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**Hartley Drive Family YMCA  
and  
Transformation Nation Triad present:**

**Healthy Eating  
with  
Jeannie Applegate,  
WeightWatchers Ambassador  
Saturday, February 4  
11:45 a.m. in the Upstairs Studio**

*You do not have to be a Transformation Nation Triad participant to attend.*

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We recommend these  
**Beginner-Friendly Group Exercise Classes:**

**Mornings**

***Mondays***

Body Flex  
9:40 a.m. Upstairs

***Tuesdays***

Yoga Level 1  
8 a.m. Downstairs

***Wednesdays***

Indoor Cycling  
9:45 a.m. Cycle Studio

***Thursdays***

Lo Impact  
9:40 a.m.  
Downstairs

**Evenings**

***Mondays***

Yoga  
7 p.m. Upstairs

***Tuesdays***

Beginner Pilates  
7:10 p.m. Downstairs

***Wednesdays***

Indoor Cycling  
6:45 p.m. Downstairs

***Thursdays***

Zumba  
7 p.m. Upstairs

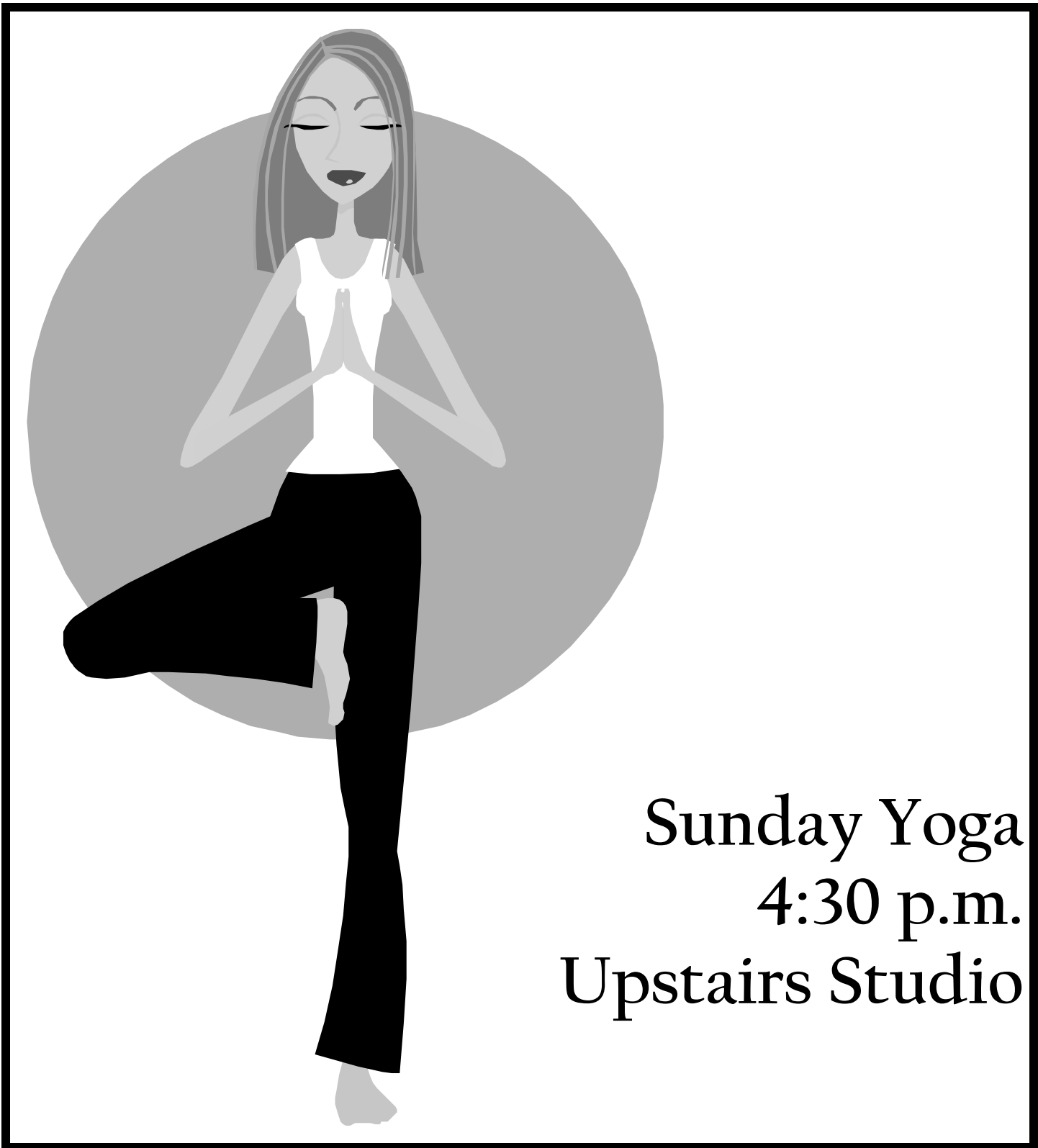
Silver Sneakers classes are also great for beginners on Tuesdays and Thursdays at 10:40 a.m.

Our classes are open to all ages and abilities. Please let your instructor know if you are new and if you have any questions. Contact Kara for more information at 869-0151, ext. 223, or [kloggins@hpymca.org](mailto:kloggins@hpymca.org).



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practice through programs  
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and body for all.





Sunday Yoga  
4:30 p.m.  
Upstairs Studio

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through programs that build healthy  
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# Cross-Train Classes

**Cross-Training classes incorporate a variety of equipment and exercises to improve functional fitness. Participants are coached through increasingly athletic movements.**

**Meet in the Old Gym.**

**Tues. & Thurs. at 7:55 a.m. with Pam  
Wednesdays at 6 a.m. with Deborah**



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# **Partner Yoga**

**Sunday, February 12  
3 p.m. in the Upstairs Studio**

**(no partner required!)**

**Come ready to enjoy a  
light-hearted, playful class,  
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led by Karen and Susan!**



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