

July 2010

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Introductory Classes:

Saturday, July 17

9:30 a.m.

Cycling Studio

Intro to Indoor Cycling

10 a.m.

Fitness Studio

Intro to Kettlebells

10:30 a.m.

Upstairs Aerobics Studio

Intro to Group Exercise

Learn the basics in just a few minutes!
Contact Kara for more information at
869-0151 or kloggins@hpymca.org.

In the event of bad weather call our
**Sports and Weather
Hotline at 888-6800**
for closings, delays, or
cancellations.

BEACH BODY BOOTCAMP

Saturday, July 17 8-9:30 a.m.

Push yourself, test your limits, and burn
calories galore with Deborah and Denice!
\$15/member, \$20/non-member




4th of July Cookout
Friday, July 2 at 11 a.m.

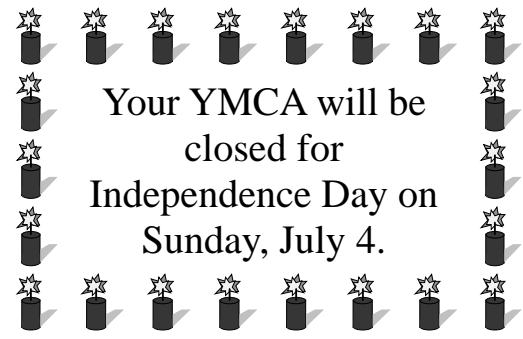
We're celebrating July 4th
a little bit early!
Join us under the
pergola for a hotdog and
a soda.

Tour de Chance

Each time you participate in a
cycling class you may draw the
name of a Tour de France rider.
Draw a stage winner and win a
prize. Draw the Tour winner and
you'll win 2 tickets to our Friends
of Youth Beach Party.




Fitness Center open Sundays at 9 a.m.



Your YMCA will be
closed for
Independence Day on
Sunday, July 4.



SilverSneakers Cookout
Monday, July 5 at 11:30 a.m.
Bring your favorite side!



Cross-Training classes
incorporate a variety of equipment and exercises
to improve functional fitness.
Participants are coached through increasingly
athletic movements. Classes meet in the Old Gym.

Tues. & Thurs. at 7:55 a.m.
Pam
Wed. at 6:15 p.m.
Josh

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

Building Hours:
Monday-Friday 5 a.m. - 10 p.m.
Saturday 7 a.m. - 6 p.m.
Sunday 1 - 6 p.m.

Upstairs Studio - July 2010

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|--|--|
| <p><i>Due to instructor availability, classes are subject to change without notice.</i></p> <p><i>Many of our instructors are on vacation this month. We have made every effort to keep class formats consistent in their absences.</i></p> | | | <p>1 a.m. 8:35 Yoga Level 1/KA 9:40 Power Pump/PC 10:40 SilverSneakers/KJ p.m. 5 Yoga for Kids/AJ 6 Body Works/TP 7 Zumba/Olivia, Guest Instructor</p> | <p>2 a.m. 5:45 Yoga/AJ 8:35 YogaFlowLev2/KA 9:40 MiniBootCamp/DG 10:40 SilverSneakers/DG</p> | <p>3 a.m. 9:30 Body Works/LH</p> |
| <p>5 a.m. 5:45 Yoga Level 2/AJ 8:35 MixedLevelYoga/AJ 9:40 MlniBootCamp/KL 10:40 SilverSneakII/DB p.m. 5:35 Power Pump/DG 6:35 Precision Abs/DG 7 MixedLevelYoga/AJ</p> | <p>6 a.m. 8:35 Pilates Fusion/AJ 9:40 Kick Punch 'n Crunch/PC 10:40 SilverSneakers/DB p.m. 5 Yoga for Kids/MM 6 TBM/WV 7 BeginnerPilates/TP</p> | <p>7 a.m. 5:45 Yoga Level 2/KA 8:35 MixedLevelYoga/KA 9:40 Cardio Blast/PC 10:40 SilverSneakII/KJ p.m. 5:35 Kick Punch 'n/DG 6:35 Precision Abs/DG 7 MixedLevelYoga/AJ</p> | <p>8 a.m. 8:35 Yoga Level 1/KA 9:40 Power Pump/PC 10:40 SilverSneakers/KJ p.m. 5 Strong Kids/TP 6 Body Works/LH 7 Zumba/UB</p> | <p>9 a.m. 5:45 Yoga/AJ 8:35 YogaFlowLev2/KA 9:40 MiniBootCamp/DG 10:40SilverSneakers/DG</p> | <p>10 a.m. 9:30 Body Works/WV</p> |
| <p>12 a.m. 5:45 Yoga Level 2/SS 8:35 MixedLevelYoga/KA 9:40 Power Pump/TP 10:40 SilverSneakII/TP p.m. 5:35 Power Pump/DG 6:35 Precision Abs/DG 7 MixedLevelYoga/KA</p> | <p>13 a.m. 8:35 Pilates Fusion/DS 9:40 Kick Punch 'n Crunch/PC 10:40 SilverSneakers/DS p.m. 5 Strong Kids/KL 6 TBM/WV 7 BeginnerPilates/DS</p> | <p>14 a.m. 5:45 Yoga Level 2/GM 8:35 Stretch/TP 9:40 Cardio Blast/PC 10:40 SilverSneakII/KJ p.m. 5:35 Kick Punch 'n/DG 6:35 Precision Abs/DG 7 MixedLevelYoga/SS</p> | <p>15 a.m. 8:35 Stretch/TP 9:40 Power Pump/PC 10:40 SilverSneakers/KJ p.m. 5 Strong Kids/DS 6 Body Works/DS 7 Zumba/UB</p> | <p>16 a.m. 5:45 Yoga/RL 8:35 Stretch/TP 9:40 MiniBootCamp/TP 10:40SilverSneakers/TP</p> | <p>17 a.m. 9:30 Body Works/TP 10:30 Intro to Group Exercise/TP</p> |
| <p>19 a.m. 5:45 Yoga Level 2/SS 8:35 Stretch/TP 9:40 Power Pump/TP 10:40 SilverSneakII/DB p.m. 5:35 Power Pump/DG 6:35 Precision Abs/DG 7 MixedLevelYoga/SS</p> | <p>20 a.m. 8:35 Pilates Fusion/DS 9:40 Kick Punch 'n Crunch/PC 10:40 SilverSneakers/DB p.m. 5 Strong Kids/DS 6 TBM/WV 7 BeginnerPilates/DS</p> | <p>21 a.m. 5:45 Yoga Level 2/GM 8:35 Stretch/TP 9:40 Cardio Blast/PC 10:40 SilverSneakII/KJ p.m. 5:35 Kick Punch 'n/DG 6:35 Precision Abs/DG 7 MixedLevelYoga/SS</p> | <p>22 a.m. 8:35 Pilates/DS 9:40 Power Pump/PC 10:40 SilverSneakers/KJ p.m. 5 Yoga for Kids/LM 6 Body Works/LH 7 Zumba/UB</p> | <p>23 a.m. 5:45 Yoga/RL 8:35 Stretch/TP 9:40 MiniBootCamp/DG 10:40SilverSneakers/DG</p> | <p>24 a.m. 9:30 Body Works/WV</p> |
| <p>26 a.m. 5:45Yoga Level 2/SS 8:35 MixedLevelYoga/KA 9:40 Power Pump/TP 10:40 SilverSneakII/DB p.m. 5:35 Power Pump/DG 6:35 Precision Abs/DG 7 MixedLevelYoga/SS</p> | <p>27 a.m. 8:35 BodyFlex/TP 9:40 Kick Punch 'n Crunch/PC 10:40 SilverSneakers/DB p.m. 5 Strong Kids/KL 6 TBM/WV 7 BeginnerPilates/DS</p> | <p>28 a.m. 5:45 Yoga Level 2/GM 8:35 MixedLevelYoga/KA 9:40 Cardio Blast/PC 10:40 SilverSneakII/KJ p.m. 5:35 Kick Punch 'n/DG 6:35 Precision Abs/DG 7 MixedLevelYoga/SS</p> | <p>29 a.m. 8:35 Yoga Level 1/KA 9:40 Power Pump/PC 10:40 SilverSneakers/KJ p.m. 5 Yoga for Kids/LM 6 Body Works/LH 7 Zumba/UB</p> | <p>30 a.m. 5:45 Yoga/RL 8:35 YogaFlowLev2/KA 9:40 MiniBootCamp/DG 10:40SilverSneakers/DG</p> | <p>31 a.m. 9:30 Body Works/LH</p> |

Instructor key:
 KA = Karen Altenpohl
 CB = Claire Batts
 KB = Kirstin Blanchard
 UB = Uretha Bostic
 DB = Dee Burkepille
 PC = Pam Cadier

SC = Sydney Cavanaugh
 SE = Shannon Engels
 VE = Vanessa Esquivel
 HG = Holly Gallimore
 KG = Keith Gardiner
 DG = Denice Goodwill
 JG = Julie Goyette

LH = Lynda Hamilton
 KJ = Kathy Jacobs
 AJ = Ann Johnson
 CK = Cherri Kennedy
 KK = Kelly Kenion
 BK = Bob Kirk
 KL = Kara Loggins

RL = Roz Lambeth
 LM = Leah Mabry
 MM = Melissa Marion
 GM = Gerri McNeer
 JP = Josh Prevette
 TP = Tony Phillips
 CS = Cindy Sheffield

SS = Susan Sherrill
 DS = Deborah Short
 AS = Andrea Stoddard
 KV = Karen Valle
 WV = Wendy Vogl
 LW = Lynn Walden
 HW = Holt Williford

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | |
|---|---|---|---|---|--|---|---|--|
| <i>Fitness Center Studio</i> | | | 1 a.m. 6 KettlebellPump/JP 8:35 PowerPump/WV 9:40 Lo Impact/DB p.m. 6:35 KettlebellPump/KG | 2 a.m. 8:35 Pilates/DS 9:40 KettlebellPump/KG | 3 a.m. 10:30 Kettlebell Plus/JP | | | |
| | | | 5 a.m. 9 KettlebellPump/KL 9:45 Pilates/AJ p.m. 5:35 Step Interval/LH 6:35 KettlebellPump/KB | 6 a.m. 6 KettlebellPump/JP 9:40 PowerPump/DB p.m. 5:35 Hi-Lo/DB 6:35 KettlebellPump/KL | 7 a.m. 9 KettlebellPump/PC 9:45 Power Yoga/AJ | 8 a.m. 6 KettlebellPump/JP 8:35 PowerPump/WV 9:40 Lo Impact/DB p.m. 6:35 KettlebellPump/KG | 9 a.m. 8:35 Pilates/AJ 9:40 KettlebellPump/PC | 10 a.m. 10:30 Kettlebell Plus/JP |
| | | | 12 a.m. 9 KettlebellPump/PC 9:45 Pilates/DS p.m. 5:35 Step Interval/TP 6:35 KettlebellPump/KB | 13 a.m. 6 KettlebellPump/JP 9:40 PowerPump/TP p.m. 5:35 Hi-Lo/TP 6:35 KettlebellPump/KG | 14 a.m. 9 KettlebellPump/PC 9:45 Power Pilates/DS | 15 a.m. 6 KettlebellPump/JP 8:35 PowerPump/WV 9:40 Lo Impact/TP p.m. 6:35 KettlebellPump/KG | 16 a.m. 8:35 Pilates/DS 9:40 KettlebellPump/PC | 17 a.m. 10:30 Kettlebell Plus/KL 10 Introduction to KettlebellPump/KL |
| | | | 19 a.m. 9 KettlebellPump/PC 9:45 Pilates/DS p.m. 5:35 Step Interval/LH 6:35 KettlebellPump/KB | 20 a.m. 6 KettlebellPump/JP 9:40 PowerPump/DB p.m. 5:35 Hi-Lo/DB 6:35 KettlebellPump/KG | 21 a.m. 9 KettlebellPump/PC 9:45 Power Yoga/LM | 22 a.m. 6 KettlebellPump/JP 8:35 PowerPump/WV 9:40 Lo Impact/DB p.m. 6:35 KettlebellPump/KG | 23 a.m. 8:35 Pilates/DS 9:40 KettlebellPump/TP | 24 a.m. 10:30 Kettlebell Plus/JP |
| 26 a.m. 9 KettlebellPump/PC 9:45 Pilates/DS p.m. 5:35 Step Interval/LH 6:35 KettlebellPump/KB | 27 a.m. 6 KettlebellPump/JP 9:40 PowerPump/DB p.m. 5:35 Hi-Lo/TP 6:35 KettlebellPump/KG | 28 a.m. 9 KettlebellPump/PC 9:45 Power Yoga/LM | 29 a.m. 6 KettlebellPump/JP 8:35 PowerPump/WV 9:40 Lo Impact/DB p.m. 6:35 KettlebellPump/KG | 30 a.m. 8:35 Pilates/DS 9:40 KettlebellPump/PC | 31 a.m. 10:30 Kettlebell Plus/JP | | | |

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

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|--|--|---|---|-------------------------------|--|
| <i>Indoor Cycling Studio</i> | | | | 1 a.m. 6 BK 9 KL p.m. 5:45 KG | 2 a.m. 6 JG 8:45 HW | 3 a.m. 8:40 KV |
| | 5 a.m. 6 SC 9:45 KA p.m. 5:45 KB | 6 a.m. 6 CS 9 KL 5:45 KL 6:45 KV | 7 a.m. 6 SC 9:45 KL 5:45 KJ 6:45 MM | 8 a.m. 6 BK 9 KL p.m. 5:45 KG | 9 a.m. 6 JG 8:45 KK | 10 a.m. 8:40 MM |
| | 12 a.m. 6 KL 9:45 KL p.m. 5:45 KB | 13 a.m. 6 CB 9 KL p.m. 5:45 KG 6:45 KV | 14 a.m. 6 KL 9:45 KL p.m. 5:45 KL 6:45 MM | 15 a.m. 6 BK 9 KL p.m. 5:45 KG | 16 a.m. 6 JG 8:45 HW | 17 a.m. 8:40 KL 9:30 Intro/KL |
| | 19 a.m. 6 SC 9:45 BK p.m. 5:45 KB | 20 a.m. 6 CS 9 TP p.m. 5:45 KG 6:45 KV | 21 a.m. 6 SC 9:45 KK p.m. 5:45 TP 6:45 MM | 22 a.m. 6 BK 9 TP p.m. 5:45 KG | 23 a.m. 6 JG 8:45 KK | 24 a.m. 8:40 KV |
| | 26 a.m. 6 SC 9:45 KA p.m. 5:45 KB | 27 a.m. 6 CB 9 KL p.m. 5:45 KG 6:45 KV | 28 a.m. 6 SC 9:45 KL p.m. 5:45 KJ 6:45 MM | 29 a.m. 6 BK 9 KL p.m. 5:45 KG | 30 a.m. 6 JG 8:45 HW | 31 a.m. 8:40 KV |



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July 2010

Water Exercise

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|---|---------------|
| | | | 1 9 a.m./KJ 2 p.m. Hinges/CC 6 p.m./MJH | 2 9 a.m./KJ 9:45 a.m. AquaBlast/KJ | 3 NOON/TP |
| 5 9 a.m./KJ 9:45 a.m. AquaBlast/KJ 2 p.m. Hinges/JR | 6 9 a.m./DO 2 p.m. Hinges/CC 6 p.m./MJH | 7 9 a.m./KJ 9:45 a.m. /KJ 2 p.m. Hinges/JR | 8 9 a.m./AA 2 p.m. Hinges/CC 6 p.m./MJH | 9 9 a.m./CK 9:45 a.m. AquaBlast/CK | 10 NOON/CH |
| 12 9 a.m./KJ 9:45 a.m. AquaBlast/KJ 2 p.m. Hinges/JR | 13 9 a.m./DO 2 p.m. Hinges/CC 6 p.m./MJH | 14 9 a.m./KJ 9:45 a.m. /KJ 2 p.m. Hinges/AS | 15 9 a.m./TP 2 p.m. Hinges/CC 6 p.m./MJH | 16 9 a.m./CK 9:45 a.m. AquaBlast/CK | 17 NOON/CH |
| 19 9 a.m./KJ 9:45 a.m. AquaBlast/KJ 2 p.m. Hinges/JR | 20 9 a.m./DO 2 p.m. Hinges/CC 6 p.m./MJH | 21 9 a.m./KJ 9:45 a.m. /KJ 2 p.m. Hinges/JR | 22 9 a.m./AA 2 p.m. Hinges/CC 6 p.m./MJH | 23 9 a.m./CK 9:45 a.m. AquaBlast/CK | 24 NOON/CH |
| 26 9 a.m./KJ 9:45 a.m. AquaBlast/KJ 2 p.m. Hinges/JR | 27 9 a.m./DO 2 p.m. Hinges/CC 6 p.m./MJH | 28 9 a.m./KJ 9:45 a.m. /KJ 2 p.m. Hinges/JR | 29 9 a.m./TP 2 p.m. Hinges/CC 6 p.m./MJH | 30 9 a.m./CK 9:45 a.m. AquaBlast/CK | 31 NOON/CH |

Instructor key:

- AA = Amy Alverson
- CC = Carol Conner
- CH = Christi Cook
- MJH = Mary Jane Hayworth
- KJ = Kathy Jacobs
- CK = Cherri Kennedy
- KL = Kara Loggins
- SM = Sarah Martin
- DO = Deborah Oldham
- TP = Tony Phillips
- JR = Janet Roberts
- AS = Andrea Stoddard
- 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., Thurs., and Fri.) entire class can be done from your chair.

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

YGROUP EXERCISE™

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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 body bar 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.

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 Teen Scene: A cardio and strength-training class designed specifically for teens and pre-teens. (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)

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)

Hip Hop Hustle: Hustle class combines high energy, easy to follow dance moves with great music. No experience required! (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, aeroboxing, 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 complement to your cardiovascular workout. (Level 1-3)

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

CLASS DESCRIPTIONS (CONTINUED)

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)

Step, Jump N Pump: Join this cardio class, designed in 20 minute increments, you will apply step knowledge, high impact floor work, and resistance training in this intense exercise class. (Level 2-3)

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)

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.

SilverSneakers Cookout

Monday, July 5 at 11:30 a.m.
Bring your favorite side!



Contact Sarah for your free reservation or more information at 869-0151, extension 231, or email smartin@hpymca.org.

The **SilverSneakers**[®]
Fitness Program



YMCA

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strong families, strong communities.

Tour de Chance



Beginning July 3, each time you participate in a cycling class you may draw the name of a Tour de France rider. Draw a stage winner and win a prize.

Draw the Tour winner and you'll win 2 tickets to our Friends of Youth Beach Party.

Contact Kara for more information at 869-0151, extension 223, or email kloggins@hpymca.org.



YMCA

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

Introductory Classes

Saturday, July 17

Bring your friends and neighbors!

9:30 a.m.

Cycling Studio

Intro to Indoor Cycling

10 a.m.

Fitness Studio

Intro to Kettlebells

10:30 a.m.

Upstairs Aerobics Studio

Intro to Group Exercise

Learn the basics in just a few minutes!

Contact Kara for more information at 869-0151 or kloggins@hpymca.org.



YMCA

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4th of July Cookout Friday, July 3 at 11 a.m.

We're celebrating July 4th a little bit early! Join us under the pergola for a hotdog and a soda.

Contact Kara for more information.



YMCA

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Introductory Classes:

Saturday, June 12

11 a.m.



**Upstairs Aerobics Studio
Intro to Group Exercise**

Noon

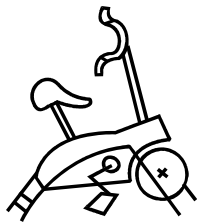
Fitness Studio

Intro to Kettlebells



1 p.m.

Cycling Studio



Intro to Indoor Cycling

Learn the basics in just a few minutes!
Contact Kara for more information at
869-0151 or kloggins@hpymca.org.



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BEACH BODY BOOTCAMP

Saturday, July 17 8-9:30 a.m.

Push yourself, test your limits, and burn calories galore with Deborah and Denice!

\$15/member, \$20/non-member

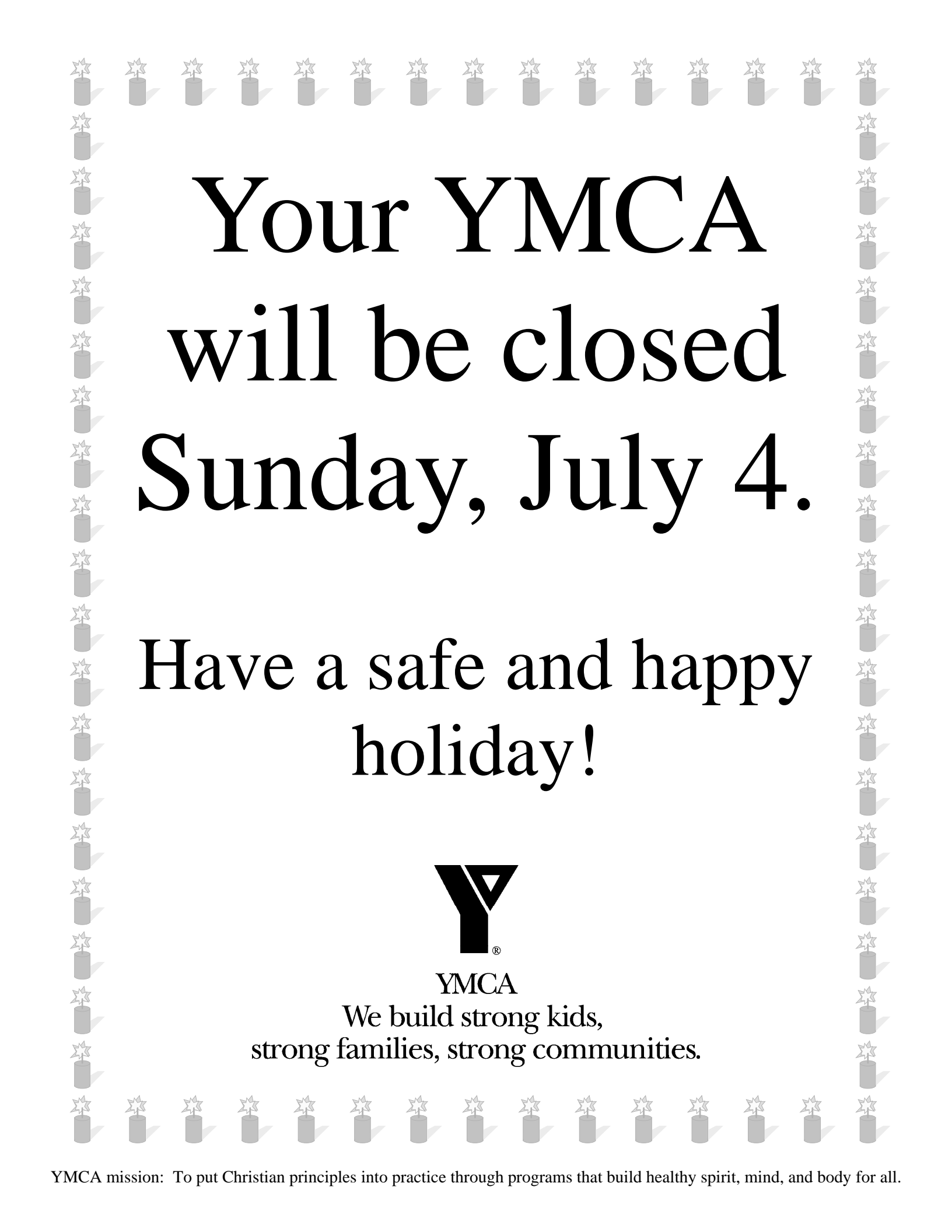
Register at the Front Desk.



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Your YMCA
will be closed
Sunday, July 4.

Have a safe and happy
holiday!



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