

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## TOTAL TONING

This class will concentrate on sculpting the whole body. Instructors are very flexible and willing to structure class according to participants' needs.

### Spring Program Session

<b>Fees:</b>	<b>Member: \$18</b>	<b>Other: \$38</b>
Greenville	Tue/Thu	7:00-7:45 am
Greenville	Tue/Thu	7:00-7:45 pm

### Summer Program Sessions:

<b>Fees:</b>	<b>Member: \$13</b>	<b>Other: \$28</b>
Greenville	Tue/Thu	7:00-7:45 am
Greenville	Mon/Wed	7:00-7:45 pm

## ADVANCED TOTAL TONING



This class will concentrate on all of your major muscle groups. Each class will work on arms, legs, abs and even those hard to tone inner thighs! If you want to sculpt your body, this is the workout you've been looking for.

<b>Spring Program Fees:</b>	<b>Member: \$18</b>	<b>Other: \$38</b>
<b>Summer Program Fees:</b>	<b>Member: \$13</b>	<b>Other: \$28</b>
Greenville	Tue/Thu	5:00-5:45 pm

## ULTIMATE FITNESS KICKBOXING

Get ready to box, kick and jump into greater fitness. You will increase your strength, speed, agility and stamina making this a great cross training class! This class is designed for those at an advanced fitness level. \*Hand wraps are required!

<b>Spring Program Fees:</b>	<b>Member: \$9</b>	<b>Other: \$20</b>
<b>Summer Program Fees:</b>	<b>Member: \$7</b>	<b>Other: \$16</b>
Greenville	Wednesday	6:30-7:15 pm

## WEIGHTS AND WALKING—NEW!

Everyone knows the benefits of walking and weight training. This class will offer both for all fitness levels. We will meet in the Wellness Center, grab our weights and head to the track. After a 30-minute workout we will come back to the Wellness Center to focus on strengthening our core for the last fifteen minutes.



### Spring Program Session Only

<b>Fees:</b>	<b>Member: \$28</b>	<b>Other: \$58</b>
Greenville	Mon/Wed/Fri	10:15-11:00 am

## YOGA AT THE Y

Bring flexibility into your life with Yoga. Each class will include postures that will relieve stress and tension as well as build strength and stamina. This class will help to calm and quiet your mind. This is a great class for someone at any level!

<b>Spring Program Fees:</b>	<b>Member: \$18</b>	<b>Other: \$38</b>
<b>Summer Program Fees:</b>	<b>Member: \$13</b>	<b>Other: \$28</b>
Greenville	Monday	6:30-8:00 pm
Greenville	Saturday	8:00-9:30 am
<b>Spring Program Fees:</b>	<b>Member: \$12</b>	<b>Other: \$26</b>
Versailles	Friday	4:30-5:30 pm
<b>Summer Program Fees:</b>	<b>Member: \$9</b>	<b>Other: \$20</b>
Versailles	Monday	4:30-5:30 pm

## YOGALATES

Yoga is a holistic system of mind-body fitness designed to calm and center the mind while building strength and flexibility within the body. Pilates teaches the muscles of the body to work together to improve posture, balance and flexibility. This class will combine these disciplines to strengthen, stretch and tone the entire body; offering you the best of both worlds in ONE class! Classes will include breathing, Pilates mat work, yoga postures and deep relaxation. Yogalates will be taught multi-level with options for beginners as well as advanced participants!

<b>Spring Program Fees:</b>	<b>Member: \$18</b>	<b>Other: \$38</b>
Greenville	Mon/Wed	10:00-10:45 am
<b>Summer Program Fees:</b>	<b>Member: \$26</b>	<b>Other: \$54</b>
Greenville	Mon/Wed/Fri	9:15-10:15 am

## PILATES

Pilates is a movement system that is strenuous and safe enabling you to stretch and strengthen all the major muscle groups to develop slenderness and create a streamlined shape. Anyone at any level of fitness can do Pilates.

### Spring Program Session Only

<b>Fees:</b>	<b>Member: \$12</b>	<b>Other: \$26</b>
Greenville	Tue/Thu	7:00-7:30 pm

## CHISEL

This is a maintenance program for participants in the Versailles Inch by Inch Weight Loss Challenge.

<b>Spring Program Fees:</b>	<b>Member: \$25</b>	<b>Other: \$52</b>
<b>Summer Program Fees:</b>	<b>Member: \$18</b>	<b>Other: \$38</b>
Versailles	Mon/Wed	5:30-6:30 pm
<b>Spring Program Fees:</b>	<b>Member: \$12</b>	<b>Other: \$26</b>
Versailles	Saturday	9:00-10:00 am