

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Intro Classes

INTRO TO CYCLING - NEW!

Have you always wanted to try indoor cycling? If so, then try this class! Pedal away to motivating music all while burning calories and building strength and endurance. The class is designed for the beginner cyclist or anyone in need of a good 30 minute cardio workout! Bring water and a towel.

Fees:	Member: \$18	Other: \$40
Greenville	Mon/Wed	3:30-4:00 pm
Instructor: Suzie Shively		

Fees:	Member: \$15	Other: \$34
Greenville	Tuesday	10:30-11:00 am
Instructor: Cass Flory		
Greenville	Wednesday	10:30-11:00 am
Instructor: Darla Sutherland		

INTRO TO BOOTCAMP - NEW!

Have you gotten out of the workout routine? Or, maybe, you never have had one and you have no idea where to start! Then this class would be for you. Lots of variety including cardio, strength training, flexibility, endurance and toning. This class will get you up and moving again!

Fees:	Member: \$16	Other: \$36
Greenville	Wednesday	6:30-7:15 pm
Instructor: Jodi Perriera		

LOW IMPACT AEROBICS - NEW!

Looking for a total body aerobics class without all the pounding and complex moves of a step or kickboxing class? Do you wish there was a low impact, low intensity class to take? Well, look no further! This class is perfect for anyone! Each class will include cardio and toning exercises.

Fees:	Member: \$16	Other: \$36
Greenville	Mon/Thu	3:15-3:45 pm
Instructor: Karyl Woolery		

INTRO TO CARDIO KICKBOXING - NEW!

Have you always wanted to try kickboxing but thought it was too intense for your current fitness level? Intro to kickboxing is a full body workout for the beginner! It will target your waist, buttocks and hips! Fun and sweat guaranteed!

Fees:	Member: \$18	Other: \$40
Greenville	Mon/Thu	5:30-6:15 pm
Instructor: Tina Crawford		

Inch by Inch



THE INCH BY INCH WEIGHT LOSS CHALLENGE NEW and IMPROVED for 2010!

Mission: Meltdown 2010! Need to lose at least 25 pounds? Are you ready to change your life once and for all? If so, then this weight loss challenge is for you! This program is specifically designed to not only give you a great workout that will maximize weight loss and muscular endurance, but it will also incorporate the nutritional aspect. Just like Frosty the Snowman in the spring, you will shed those pounds and be a thinner, healthier, brand new you, and you could be named the winner!

The program will run from Monday, January 4 through Saturday, April 10. The program includes weigh-ins, a fitness assessment, a nutritional assessment, a fitness and nutrition journal, an exercise program (Chisel) and informational as well as inspirational workshops on topics that will help you on your weight loss journey. You will work with our newest employee Molly Cantrell, DTR, on all of your nutritional needs. You will also hear the stories of others who have been where you are and have succeeded. They'll give you some great tips and advice on things that worked and that didn't work!

Packets of detailed information are available at the Front Desk. For more information please contact Darla Sutherland, Fitness Director, at 548-3777, ext. 28 or dsutherland@ymcdarkecounty.org.

Fees:	Member: \$50	Other: \$150
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Chisel

Greenville	Mon/Wed/Fri	9:00-10:00 am
Greenville	Tue/Thu	6:45-7:30 pm
Versailles	Mon/Wed	5:30-6:30 pm
Versailles	Saturday	9:00-10:00 am

Initial Weigh-In and Health Fitness Assessment Dates*:

Monday, December 28—Wednesday, December 30:
9:00 am-12:00 pm **or** 5:00-8:00 pm

Thursday, December 31
9:00 am-11:00 am

Saturday, January 2
9:00 am - 12:00 pm

***Please allow at least 20 minutes for the weigh-in and fitness assessment. You may schedule your appointment at the Front Desk. Please wear comfortable clothing and tennis shoes.**