YHEALTH & FITNESS™
We build strong kids, strong families, strong communities.

# Strength & Toning

## TOTAL TONING

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

| **Fees:** | **Member: $25** | **Other: $52** |
|---|---|---|
| Greenville | Mon/Wed/Fri | 10:15-11:00 am |
| Instructor: Angie Troutwine | | |
| **Fees:** | **Member: $19** | **Other: $42** |
| Greenville | Tue/Thu | 7:00-7:45 am |
| Instructor: Tina Crawford | | |

## AFFIRM

If a strong, flexible body, an intentional mind and an inspired spirit is your heart's desire then let's get started. This class integrates traditional and innovative toning techniques with the use of affirmations and visualizations in order to empower the mind, body and spirit. Affirm who you are, what you want to do and take action with purpose!

| **Fees:** | **Member: $19** | **Other: $42** |
|---|---|---|
| Greenville | Tue/Thu | 5:30-6:15 pm |
| Instructor: Jodi Perriera | | |

## "ABS"-OLUTELY

Work those abs in a quick burst before or after another fitness class! This hard-core class targets the mid-section only (abs and internal/external obliques). Instructor is always open to questions and suggestions.

| **Fees:** | **FREE Member Benefit** | **Other: $15** |
|---|---|---|
| Greenville | Tue/Thu | 8:30-8:40 am |
| Instructor: Diana Unger | | |

## TOTAL FITNESS

Are you ready for a total body workout? This class will energize you into a higher level of fitness with intense step aerobics, toning exercises and more!

| **Fees:** | **Member: $22** | **Other: $48** |
|---|---|---|
| Versailles | Mon/Wed | 6:30-7:30 pm |
| Instructor: Penny Cromwell | | |

## TONE N' SCULPT - NEW!

This class has it all! It takes your traditional muscle-conditioning class and pumps it up a notch in order to elevate the heart rate for a great muscle-strengthening workout. Powerful core stabilization and stimulating flexibility.

| **Fees:** | **Member: $22** | **Other: $48** |
|---|---|---|
| Versailles | Tue/Thu | 5:00-6:00 pm |
| Instructor: Kim Prenger | | |

# Yoga & Pilates

## 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!

| **Fees:** | **Member: $22** | **Other: $48** |
|---|---|---|
| Greenville | Tue/Thu | 4:00-5:00 pm |
| Instructor: Suzie Shively | | |
| **Fees:** | **Member: $18** | **Other: $40** |
| Greenville | Monday | 6:30-8:00 pm |
| Greenville | Saturday | 8:00-9:30 am |
| Instructor: Lynn Timmerman | | |
| Versailles | Friday | 4:30-5:30 pm |
| Instructor: Carol Souza | | |

## FAMILY YOGA - NEW!

Bring a little peace and tranquility to your family, at least for 45 minutes several times a week! Each class will include postures that will relieve stress and tension as well as build strength. This class is great for parents and kids of all ages!

| **Fees:** | **Member: $18** | **Other: $40** |
|---|---|---|
| Greenville | Mon/Wed | 4:15-5:00 pm |
| Instructor: Suzie Shively | | |

## 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.

| **Fees:** | **Member: $18** | **Other: $40** |
|---|---|---|
| Greenville | Tuesday | 9:00-10:00 am |
| Instructor: Cass Flory | | |

## YOGALATES - NEW!

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!

| **Fees:** | **Member: $18** | **Other: $40** |
|---|---|---|
| Greenville | Thursday | 9:00-10:30 am |
| Instructor: Velvet Swartzel | | |