

YARTS™

We build strong kids, strong families, strong communities.

Dance

BEGINNER BALLET (Ages 2-5 yrs.)

Students will learn beginning ballet basics, foot and body positions as well as stretches. They will enjoy singing and dancing to fun music. Ballet shoes and leotard recommended.

Fees: **Member: \$18** **Other: \$38**
 Greenville Thursday 5:30-6:15 pm
 Instructor: Carrie Stiefel

GET UP AND DANCE! (Ages 12 and up) - NEW!

This class is perfect for those wanting to experience a dance class with or without dance experience. This class is not geared toward one specific dance style, but will incorporate many different styles; ballet, modern, jazz, lyrical and even Latin. This is a great class for moms and daughters who are looking for an activity to do together! Please wear comfortable workout clothing. Dance shoes are optional.

Fees: **Member: \$18** **Other: \$38**
 Greenville Thursday 6:15-7:00 pm
 Instructor: Carrie Stiefel

SHALL WE DANCE? - NEW!

Couples or singles come have fun learning the Cha-Cha-Cha, East Coast Swing, which is similar to the Jitter Bug, and Night Club Dancing. A great chance to meet new people and have fun. Jan Aukerman and Becky Dirksen have been active in the United Country Western Dance Council dance circuit for 13 years, dancing all across the United States! Jan and Becky have been teaching dance locally for 10 years.

Fees: **Member: \$30** **Other: \$62**
 Program Begins: Sunday, January 17
 Program Ends: Sunday, March 4
 Greenville Sunday 3:00-4:30 pm
 Instructor: Jan Aukerman and Becky Dirksen

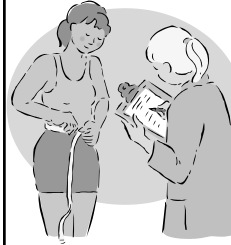


Looking for a bit more cardio to add to your dance class? Why not try Zumba? See page 19 for more details!

YHEALTH & WELL-BEING™

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PERSONAL FITNESS ASSESSMENTS



Your personal fitness assessment provides you with information on your health and fitness level by measuring your height, weight, resting heart rate, blood pressure, body composition, cardio-respiratory fitness, muscular grip strength and flexibility. This assessment will allow you to evaluate where you are physically, where you want to be and what changes may need to be made to help you achieve your health and fitness goals. At the conclusion of each assessment, you will receive a computer printout explaining each test and your results. Fitness assessments are also offered for teens.

Fees: **Member: \$15** **Other: \$32**

BODY COMPOSITION ANALYSIS

A Body Composition Analysis can help you determine more realistically what your weight range should be based on your percentage of body fat and lean mass. Body fat is an essential component of healthy weight loss, gain and maintenance. If you are considering adjusting your weight based on the scale, consider scheduling a Body Composition Analysis FIRST, and we will help you get a healthy start. Body Composition Analysis is included in a Personal Fitness Assessment.

Fees: **Member: \$5** **Other: \$15**



ORIENTATIONS

Free orientations or assistance is available for the Free Weight Room (all members) and the Cardio-Strength Center (Cardio-Strength members only) at both Greenville and Versailles. It is strongly recommended that each

member have an orientation before using fitness equipment. Contact Darla Sutherland, Fitness Director, at 548-3777 to schedule an appointment.

HEALTHY HEART CENTER

The YMCA offers heart healthy exercise opportunities for those who have a need for controlled exercises that focus on continuing cardiac rehabilitation. This program is available on a monthly basis.



Monthly Fees: **Member: \$35** **Other: \$50**
 Greenville Mon/Wed/Fri 7:00-8:00 am
 Greenville Mon/Wed/Fri 8:00-9:00 am

YHEALTH & FITNESS™

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MASSAGE THERAPY

Let your stress and tension melt away with therapeutic massage. 90% of all disease is stress related. Stress can act on our body in many different ways. For some people, stress can cause lack of sleep, muscle spasms, a lowered immune system or weak and tight muscles. Therapeutic massage can help you to manage these symptoms of stress. Therapeutic massage combines a variety of massage techniques to help relieve tight muscles and to help bring your body back to a natural state of balance.

Massage services are available at the Greenville Facility to YMCA members. Our licensed therapist can provide a full therapeutic massage or tailor your massage to meet specific needs. She specializes in Reflexology, Reiki, Swedish Massage, Sports Massage, Lypossage, Neuromuscular/ Trigger Point Therapy and Polarity.

Susan Shively graduated from the Dayton School of Medical Massage and is a licensed therapist by the State of Ohio Medical Board. She has earned additional certifications in reflexology, polarity therapy and Lypossage.

Contact the Greenville Facility at 548-3777 to set an appointment.

Reflexology	Member: \$15	Other: \$25
30-minute Massage	Member: \$25	Other: \$35
45-minute Massage	Member: \$35	Other: \$45
60-minute Massage	Member: \$45	Other: \$55
90-minute Massage	Member: \$60	Other: \$75

NUTRITIONAL COACHING

The relationship between good health and nutrition is unquestionable. However, there is no "diet" or meal plan that is right for everyone. Each person is metabolically different. By meeting with our Nutritional Coach you will be able to design a structured meal plan that fits your specific needs and goals. Contact the Greenville Facility at 548-3777 to schedule your appointment!

Initial Visit	Member: \$15	Other: \$25
Follow-Up Visits	Member: \$8	Other: \$15

Nutritional Coach: Suzie Shively

STRENGTH TRAINING (Ages 13 and up)

This class is for anyone who is interested in learning how to begin their strength training program. Learn the proper techniques and repetitions needed for health, endurance and sports.

Fees:	Member: \$22	Other: \$48
Greenville	Tue/Thu	4:45-5:45 pm
Instructor: Stephen Gruenberg		

Indoor Cycling

INDOOR GROUP CYCLING

Awesome cardiovascular workout for every fitness level - beginner to advanced. Classes are conducted on specially designed indoor stationary bikes. The workout can be as intense as you like! With instructors who motivate with music and lots of energy, you will attain your fitness goals. Both seated and standing techniques are performed. Enjoy the flexibility of only signing up for the days and times that work for you! **Bring water and a towel.** Heart rate monitors are encouraged but not required. For first-time riders, arrive a few minutes early for instruction on bike set-up and settings. **Indoor Cycling is available Monday through Saturday at the Greenville Facility.**



Fees:	Member: \$16*	Other: \$40
Drop In Fees:	Member: \$3	Other: \$8
Day:	Time:	Instructor:
Monday	6:00-6:45 am	Justin Marshall
Monday	9:00-9:45 am	Peggy Menning
Monday	5:45-6:30 pm	Suzie Shively
Tuesday	6:00-6:45 am	Justin Marshall
Tuesday	8:45-9:30 am	Diana Unger
Wednesday	6:00-6:45 am	Justin Marshall
Wednesday	9:00-9:45 am	Peggy Menning
Wednesday	5:45-6:30 pm	Suzie Shively
Thursday	6:00-6:45 am	Justin Marshall
Thursday	8:45-9:30 am	Diana Unger
Friday	6:00-6:45 am	Justin Marshall
Friday	9:00-9:45 am	Peggy Menning
Saturday	10:00-10:45 am	Kati Anderson

***YMCA Members: Sign up for 2 or more Indoor Cycling Classes and each class will only be \$14.00!!!**

FAMILY CYCLING - NEW!

Bring the family and have fun while getting your heart rate up on stationary bikes. Enjoy the ride along with some GREAT music! Children must be tall enough to be safely and properly fitted to the bike.

Fees:	Member: \$18	Other: \$42
Greenville	Tue/Thu	6:30-7:00 pm
Instructor: Kati Anderson		

YHEALTH & FITNESS™

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ZUMBA LITE - NEW!

Zumba is a fusion of Latin dance themes creating an exciting, effective fitness program! Zumba lite is specifically designed for the beginner or active older adults. It is all the fun of Zumba with "easy on the body" moves.

Fees:	Member: \$18	Other: \$40
Greenville	Tue/Thu	11:30 am-12:00 pm
Instructor: Cass Flory		

Fees:	Member: \$15	Other: \$34
Versailles	Tuesday	8:00-8:45 am
Instructor: Sharon Kramer		

ZUMBA

Zumba is a fusion of Latin dance themes creating an exciting, effective fitness program! Routines feature aerobic/fitness training with fast and slow rhythms that tone and sculpt the body. It is fun and easy to do!

Fees:	Member: \$18	Other: \$40
Greenville	Thursday	3:30-4:30 pm
Instructor: Lora Woolard		

Fees:	Member: \$22	Other: \$48
Versailles	Tue/Thu	6:30-7:30 pm
Instructor: Lynn Blakeley		

ZUMBATOMIC - NEW FOR KIDS!

Zumbatomic is a **BRAND NEW** Zumba program just for kids! Scientist "Dr. Tomic" has discovered the secret to happiness - ZUMBA! Have fun moving to the magnetic Latin beat while learning cool dances and playing games!

Fees:	Member: \$12	Other: \$28
Versailles	Thursday	6:00-6:30 pm
Instructor: Lynn Blakeley		

Like other moderate, low-impact activities, such as brisk walking, cycling or aerobics, dancing can help strengthen bones and muscles without hurting your joints, tone your entire body, improve your posture and balance, which can prevent falls, increase your stamina and flexibility, reduce stress and tension, build confidence, provide opportunities to meet people, and ward off illnesses like diabetes, high blood pressure, heart disease, osteoporosis and depression. So if you're tired of the treadmill or your typical aerobics class and are looking for a fun way to stay fit and healthy, it might be time to kick up your heels!

Cardio

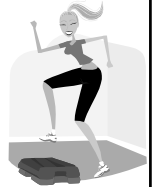
BOOT CAMP

Do you want a class with results? This one will do it! This class combines total body toning, strength training and cardio. You will use steps, balls, bands, bars and weights. Get ready...it's Fast and Fun!

Fees:	Member: \$22	Other: \$48
Greenville	Mon/Wed	5:30-6:30 pm
Instructor: Jodi Perriera		

STEP N' MORE

Step your way into fall with this energizing class that will incorporate step, kickboxing and traditional floor aerobics! Toning will be included as part of the workout.

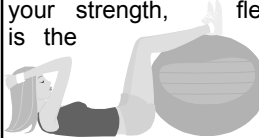


Fees:	Member: \$18	Other: \$38
Greenville	Tue/Thu	10:30-11:15 am
Instructor: Cass Flory		

Fees:	Member: \$22	Other: \$48
Greenville	Tue/Thu	6:00-7:00 pm
Instructor: Wendy Aultman		

RESIST-A-BALL TOTAL BODY WORKOUT

Want to add some fun to your workouts? Looking to improve your strength, flexibility and cardiovascular fitness? This is the class for you! Cardio for your heart and toning for your muscles—what more could you want? Great for all ages and fitness levels.



Fees:	Member: \$22	Other: \$48
Versailles	Mon/Thu	9:00-10:00 am
Instructor: Christy Prakel		

EXERCISE FUSION - NEW!

This class has it all! It will take you to a whole new fitness level! Every class will be a surprise workout. You will work on your core, cardio, flexibility, endurance and so much more! This class is tailored to each participant's needs so all fitness levels are welcome!

Fees:	Member: \$16	Other: \$36
Greenville	Monday	7:15-8:00 pm
Instructor: Jodi Perriera		

YHEALTH & FITNESS™

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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.**

YOLDER ADULTS™

We build strong kids, strong families, strong communities.

SilverSneakers TRADITIONAL PROGRAM

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion 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. **This class is FREE for SilverSneakers Members!**

Fees:	Member: \$19	Other: \$44
Greenville	Tue/Thu	11:00-11:45 am
Instructor: Karyl Woolery		
Versailles	Tue/Fri	12:30-1:15 pm
Instructor: Karyl Woolery		

SilverSneakers CARDIO CIRCUIT - NEW!

Cardio Circuit is an advanced class for participants who desire and are ready for a SilverSneakers "cardio" workout. This class includes more standing non-impact activities designed to increase cardiovascular and muscular endurance alternated with standing upper body conditioning and coordination work with hand-held weights, elastic tubing with handles and the SilverSneakers ball. Chair exercises will be included for cool-down, additional flexibility and relaxation techniques. **This class is FREE for SilverSneakers Members!**

Fees:	Member: \$19	Other: \$44
Greenville	Mon/Thu	12:00-12:45 am
Instructor: Karyl Woolery		

SilverSneakers YOGASTRETCH

YogaStretch will teach a blend of three Yoga styles to create a harmony of movement for the whole body. YogaStretch is taught from a seated and standing position to enhance the flow and energy created in combination with restorative breathing exercises. This class offers a variety of safe and effective options designed to increase flexibility and balance! **This class is FREE for SilverSneakers Members!**

Fees:	Member: \$19	Other: \$44
Greenville	Mon/Fri	11:00-11:45 am
Instructor: Karyl Woolery		

SilverSneakers SILVERSPLASH

SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. Water equipment will be used to develop strength, balance and coordination. **This class is FREE for SilverSneakers Members!**

Fees:	Member: \$17	Other: \$44
Greenville	Tue/Thu	12:30-1:15 pm
Instructor: Ruth Macklin		

LETS GET MOVING - NEW!

Are you new to the YMCA and just need to get moving? This class will develop and/or increase flexibility, range of motion, balance and stability, reduce falls and make daily activities easier. Majority of this class will be done in a chair.

Fees:	Member: \$18	Other: \$40
Greenville	Tue/Thu	2:00-2:45 pm
Instructor: Ruth Macklin		

ZUMBA LITE - NEW!

Zumba is a fusion of Latin dance themes creating an exciting, effective fitness program! Zumba Lite is specifically designed for the beginner or active older adults. It is all the fun of Zumba with "easy on the body" moves.

Fees:	Member: \$18	Other: \$40
Greenville	Tue/Thu	11:30 am-12:00 pm
Instructor: Cass Flory		

Fees:	Member: \$15	Other: \$34
Versailles	Tuesday	8:00-8:45 am
Instructor: Sharon Kramer		

Reminder SilverSneakers Monthly Luncheon:
We have a carry-in lunch with blood pressure and sugar screenings as well as a guest speaker the 2nd Thursday of each month! Be sure to bring your recipes to share.