

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

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: \$25	Other: \$52
Greenville	Mon/Wed/Fri	9:45-10:45 am

Fees:	Member: \$22	Other: \$48
Greenville	Mon/Wed	6:30-7:30 pm

Instructor: Angie Troutwine



THE BIGGEST LOSER

Need to lose at least 25 pounds? Are you ready to take your workout to the next level? If so, then the Biggest Loser is for you! The Biggest Loser is a program 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. So, if you are serious about losing weight then this three month program is for you! Shed those holiday pounds and by the time Spring rolls around, you will be a thinner, healthier, brand new you, and you could be named the YMCA of Darke County's Biggest Loser!

The Biggest Loser will run from Monday, January 5 through Saturday, April 4. The program includes weigh-ins, a health fitness assessments, a physical fitness test, 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. Packets of detailed information about the Biggest Loser program will be available at the Front Desk and on our website on or before Monday, December 1. For more information please contact Darla Sutherland, Fitness Director, at 548-3777, ext. 28.

Fees:	Member: \$50	Other: \$150
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Chisel Exercise Class Offerings

Greenville	Mon/Wed/Fri	8:15-9:00 am
Greenville	Tue/Thu	5:30-6:30 pm
Greenville	Tue/Thu	8:15-9:15 pm
Greenville	Saturday	9:30-10:30 am

Initial Weigh-In and Health Fitness Assessment Dates*:

Mon., Dec. 29	7:30 am-12:30 pm or 6:00-8:00 pm
Tue., Dec. 30	7:30 am-12:30 pm or 6:00-8:00 pm
Sat., Jan. 3	9:00 am-12:00 pm

**Please allow at least 20 to 30 minutes for the initial weigh-in and health fitness assessment. Please wear comfortable clothing and tennis shoes.*

Strength & Toning

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: \$19	Other: \$44
Greenville	Tue/Thu	6:30-7:15 pm

Instructor: Wendy Aultman

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: \$22	Other: \$48
Greenville	Mon/Wed	5:15-6:15 pm

Instructor: Charissa Hathaway



"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. Sign up and strengthen those hard to get lower abs!

Fees:	Member: FREE	Other: \$15
Greenville	Tue/Thu	8:30-8:40 am

Instructor: Diana Unger

Fees:	Member: FREE	Other: \$30
Versailles	Mon/Wed	5:30-6:00 pm

Instructor: Kim Prenger

The YMCA of Darke County in Greenville and Versailles will be running FREE try-it classes from Monday, December 15th through Thursday, December 18. Come try out a new class and burn a few extra calories before Christmas! Stop by the Front Desk or go online to www.ymcadarkecounty.org for a complete list of classes, days and times!