

## FAMILY EVENTS

### Father-Daughter Dance

Get all dressed up and come and twirl and spin with your daughters at this family friendly dance. Pictures will be available to capture your long lasting memory.

January 14<sup>th</sup>

Cost: \$20, \$5 each additional child



### Family Bingo

Enjoy some good ole' Family Bingo at the Y! A fun filled event, packed with loads of prizes. Family Bingo provides a safe and enjoyable get-together for kids and families.

February 24<sup>th</sup>

Cost: \$1 for 3 bingo cards

### Dive In Movie

Come join us and other families for some fun while watching a movie in the pool.

March 16<sup>th</sup>

Cost: FREE

### Healthy Kids Day

Spend the day with your family exercising, having fun, and learning about healthier food choices. Join us and other families for some good ole' family fun!

FREE

April

### Family Exercise Night

Spend the evening with your family exercising and having fun!

FREE

May

## Group Exercise Classes

### Why Participate In Group Exercise Classes?

Research has indicated that individuals who participate in group exercise classes are more likely to achieve their health and wellness goals due to increased motivation, new friendships, and accountability.

### How To Get Started?

Just show up and wear comfortable clothing. All equipment is provided. No Pre-registration required!

### What Class Should You Take?

#### Beginners

Swimnastics, Spinning, Target Training, Walking, SAIL, Pilates, Yoga, Cardio Sculpt

### Need Improved Flexibility, Balance, And/Or Relaxation:

Yoga, Pilates, Swimnastics, Target Training, SAIL

### Want Strength, Power, And Definition:

Hydro-Fit, Cardio Sculpt, Spinning, Target Training, Fast & Fit Lunch, Zumba, Cardio Kickboxing

### Cardiovascular Endurance:

Hydro-Fit, Swimnastics, Cardio Sculpt, Spinning, Target Training, Fast & Fit Lunch, Zumba, Cardio Kickboxing

## Group Exercise Classes

Group Exercise Classes are a great way to meet new friends and have fun while working out! Group Exercise Classes are free with your membership.

### Target Training

This class is a reliable, well-rounded workout; focused on safe and effective movement in a caring, positive atmosphere! Men and women from high school and college age to seniors will be able to adapt this workout to meet their needs.

### Cardio Kickboxing

A total body workout that shapes your body with jabs, punches, kicks, and squats.

### Swimnastics

A full body workout in the water through low impact exercise in the rec pool.

### Hydro-Fit

An aerobic class in the deep end of the lap pool that utilizes special gear to achieve a full body workout.



The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.



It's the original and most popular group spinning class. You'll torch an average of 500 calories per 40-min. ride. You'll enjoy a heart pounding yet low impact workout, while maintaining the ability to go at your own pace.

### Cardio Sculpt

Get in shape by getting the best strength training and cardio burst with this one of a kind class that works the entire body.

### SAIL (Staying Active and Independent for Life)

A strength and balance class for active adults. Exercises are designed to increase strength, range of movement and skills for daily living.



### Yoga

In Yoga, relaxation and stress reduction are key benefits. You will also see gains in physical and mental strength and flexibility.

### Pilates

Strengthens the core muscles by developing pelvic stability and abdominal control. Exercises improve flexibility and strength.

### Walking

Walking is a fun and safe workout for those of you looking to improve your cardio strength.

### Fast & Fit Lunch

This energizing upbeat class is the perfect lunch time workout. Enjoy a 30 minute Body Bar and circuit training workout.

### P90Y

This class alternates between many different movements causing muscle confusion. This class is also a high intensity, easy to follow approach to bust you out of your plateau.

### Spin Circuit

A complete workout in one class. This unique format alternates between interval of strength training and cardio spin segments.

### Kick Spin

30 minutes of Kickboxing, 30 minutes of Spinning do both or one or the other. Enjoy a workout for all fitness levels.