

## Group Wellness Programs

### Dance Lessons

Our dance classes are taught by Arlene Hoiland, former West Coast Grand Champion Ballroom Dancer. If you have always wanted to learn how to dance but never have, here is your chance to learn in a fun and encouraging environment. Learn the most popular ballroom dances. Classes will be on Fridays in the aerobics room. For more information contact Arlene Hoiland at 533-1412.

Session 1: January 27<sup>th</sup> – February 24<sup>th</sup>  
Beginning Nightclub 6:30 – 7:30pm  
Beginning / Intermediate West Coast Swing 7:45 – 8:45pm

Session 2: March 2<sup>nd</sup> – March 30<sup>th</sup>  
Beginning Nightclub 6:30 – 7:30pm  
Beginning / Intermediate West Coast Swing 7:45 – 8:45pm  
Cost: \$25 for a single, \$45 for a couple for members  
\$35 for a single, \$65 a couple for non-members

### Get Real

This program (formally known as the Biggest Loser program) is a great way to teach you how to make lifestyle changes. There are no gimmicks and no diets to follow just the tools you will need to make the necessary changes in your lifestyle to reach your weight loss goals. This class discusses how important exercise and nutrition are while also discussing motivation, obstacles, and pitfalls. You will learn how self image plays such a large part in how we perceive ourselves and what is the ideal weight. The ultimate fitness program packed with nutritional education on healthy weight management, group support and personal training.

Fridays  
5:30 – 7:00pm  
January 20<sup>th</sup> – May 18<sup>th</sup>  
Cost: \$90 members only

### Triathlon Training

Try a triathlon. Get in shape, have fun, learn new things, make new friends and much more. Program requirements: be able to swim 25 yards (one length of the lap pool), and run 400 meters (one lap around the track).

Session 1: January 18<sup>th</sup> – March 28<sup>th</sup>  
Monday & Wednesday  
5:30 – 7:00pm  
Cost: \$75 members, \$125 program members

Session 2: April 9<sup>th</sup> – June 20<sup>th</sup>  
Monday & Wednesday  
5:30 – 7:00pm  
Cost: \$75 members, \$125 program members

## MY Y Story



The YMCA is whatever I want it to be. It's a place to workout with friends and a place for my kids to build skills and relationships. Most of all, the Y has given me the opportunity to become a better, stronger, healthier person and to give back to my community. How awesome is that?

Shannon Patterson, Y Member