



WORTHINGTON  
AREA YMCA

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AUGUST - NOVEMBER 2021  
PROGRAM BROCHURE

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPFUL INFORMATION

## FACILITY INFORMATION

### BUILDING HOURS

Monday—Thursday	5:30am–9:30pm
Friday	5:30am–7:30pm
Saturday	8:00am–5:00pm
Sunday	1:00pm–5:00pm

### 2021 HOLIDAY HOURS

Labor Day	Sep. 6	Closed
Thanksgiving	Nov. 25	7:00am–12:00pm
Christmas Eve	Dec. 24	5:30am–1:00pm
Christmas Day	Dec. 25	Closed
New Year's Eve	Dec. 31	5:30am–6:00pm

\*Please check our website, Facebook page and tune into local RadioWorks radio stations for all updated emergency closings and information.

## CURRENT FACILITY SAFETY GUIDELINES

The Worthington Area YMCA is looking closely at the CDC and their COVID recommendations. At this time, we do not have any restrictions in place, but we do ask that the members and guests help us keep our facility as clean as possible. If you plan to visit the Worthington Area YMCA, please consider the following:

- Clean own equipment before & after use.
- Bring your own towel.
- We are accepting guest passes and YMCA Nationwide Reciprocity.

The Y will continue to maintain our close relationship with applicable government departments and follow CDC Guidelines to ensure all practices prioritize the health and safety of our staff, members and community.

To keep everyone safe and healthy, we ask that you stay home if you are exhibiting signs of illness. This includes:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

We also ask our members and guests to wash their hands frequently and cover their cough or sneeze in the crook of their arm.

## MEET OUR STAFF



**Meredith Daley**  
Executive Director/CEO  
Meredith.Daley@ymcaworthington.org



**Mark Wibbens**  
Business/Operations Director  
Mark.Wibbens@ymcaworthington.org



**Kris Hohensee**  
Membership Engagement Director  
Kris.Hohensee@ymcaworthington.org



**Cory Greenway**  
Program Director  
Cory.Greenway@ymcaworthington.org



**Jordan Balster**  
Program Coordinator  
Jordan.Balster@ymcaworthington.org



**Erin Benz**  
Aquatics Manager  
Erin.Benz@ymcaworthington.org

# SOCIAL RESPONSIBILITY

Do you want to make an impact?  
Attend the

## 36th Annual Cruise Dinner Gala

Friday, September 10th  
at Worthington Event Center

Entertainment Provided by:  
**Boogie Wonderland**

5PM Social & Auction starts  
6PM Dinner & Program  
8PM Entertainment

For Ticket information go to  
[cruise2021.givesmart.com](http://cruise2021.givesmart.com)

### Thank You to our Event Sponsors:

First State Bank Southwest  
Sanford Health  
Bedford Industries  
Marthaler of Worthington  
Mike Woll Investments

Auction will open for online bidding on September 1st!  
Great prizes are available and can be viewed on the  
same website under the items  
tab. [cruise2021.givesmart.com](http://cruise2021.givesmart.com).

If you are not able to attend, for the low price of  
\$100 you will get a 1 in 250 chance to win

The Grand Prize of a \$2000 travel voucher  
or \$1500 cash.

- 2nd place winner receives \$200 cash
- 3rd place winner receives \$150 cash
- 4th place winner receives \$100 cash



### Strong Community Campaign

At the Y, we strive to make sure that every child's day brings about bigger and brighter achievements – but we can't do it alone!

YOUR CONTRIBUTION to the Y Strong Community Campaign ensures that many children who are unable to pay are included. These programs will teach them values that will positively impact their lives and the community we all live in.

In 2021 we will embark on the largest effort to support our Strong Community Campaign and its program ever.

It will involve many volunteers and support from many sources.

Please consider helping these efforts, with our Y Cruise Dinner on September 10th, 2021 with your attendance, and support of silent and live auctions. Additionally, the campaign will be announced that evening where guests will have an opportunity to pledge their support and in the coming months following the event. If this event does not work for you, consider a pledge when called on in the spring of 2022!

SUPPORT ALL in your community through the efforts of the YMCA Strong Community Campaign. All your support stays here and your gifts are tax deductible.

Thank you in advance for your support in 2021.



# YOUTH PROGRAMS

## Mini-Sports

This program is to introduce kids to sports and teach them basic skills for each. The sports offered are: Soccer, T-ball, and basketball. Sign up for one sport or sign up for them all. These programs will each be lead by YMCA staff and take place on Saturday mornings.

## Nerf Football

This program is designed to give all participants, K-1st grade, the chance to learn about the game of football in this easy to learn football league. This program is primarily skills and drills with a light scrimmage. This is a non contact league everything is provided for your player just show up in appropriate athletic attire.

## Flag Football

Flag Football is for boys and girls in 2nd-3rd grade. This program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning the rules and fundamentals of the game.

PARENT  
COACHES  
WELCOME!

## Dance Camp

Dance Camp is a one week clinic for girls interested in dance. This clinic gives girls a great opportunity to learn and have fun. This camp is at the YMCA and open to any girls in Kindergarten to 6th grade. Participants will have an opportunity to perform as well at the end of the week!

## Fall Soccer

For any youth in grades K-6th in the area looking to get introduced to the sport of soccer or continue to work on skills. This program will help players at all levels develop while having fun. Program will meet Thursday evenings for all ages.

## Fall Volleyball

Participants in Fall Volleyball will have the opportunity to grow in their understanding of the sport and further develop their skills. Practices will take place on Wednesday nights with games on Saturdays. Open to youth in grades 3rd-6th.

## JO Volleyball

Keep an eye out for more information on our 2021-2022 JO Volleyball season beginning later this Fall.

## Boys Traveling Basketball

Keep an eye out for more information on our 2021-2022 Boys Travel Basketball season beginning later this Fall.

## Homeschool Gym

Learn new sports and games once a week. This exciting program is open to any Home schooled youth in the Worthington area. This will give your child an opportunity to interact with others and have fun all while meeting their physical education requirements through structured staff run activities.

## Lego League

First Lego League (FLL) is an exciting and fun global robotics program that ignites an enthusiasm for discovery, science, and technology. There are non-competitive and competitive teams for kids ages 9-14. FLL teams embark on adventurous challenges based on current, real-world issues. Guided by a team coach and assisted by mentors. Kids engage in playful and meaningful learning; experience fun, creative, hands-on learning; think like scientists and engineers; connect to their community; experiment and overcome obstacles; build self-esteem and confidence.

For more information, see <http://www.hightechkids.org/>.

## YMCA After-School Academy

Join us for this amazing new opportunity! This program is designed to assist students grades 1st-8th with schoolwork, while also providing a place for kids to have fun and interact with others. Also included with physical and enrichment activities as well as a snack. Check out our YMCA After-School Academy flyer for more information!

## National Esports League

Join the YMCA and our nationwide Fall Esports league! Open for Middle-School and High-School participants. Games to compete in include: NBA 2K, Rocket League and Smash Bros. League play will take place in a hybrid format where participants may use YMCA resources such as monitors/TVs, space and internet or participate from home. All participants must furnish their own consoles and games to participate. If you wish to participate but do not have a console, please contact Cory at the YMCA for options.

Registration closes August 30th. Team Meeting September 2nd, at 7:00pm.

**Registration: \$5.00 Y-Member  
\$10.00 Non-Member**

Practices begin week of Sept. 13;  
League play begins Sept. 20.



# YOUTH PROGRAMS

<u>PROGRAM</u>	<u>AGE/GRADE</u>	<u>DATES</u>	<u>TIME</u>	<u>PRICING</u>
Mini-Sports	Preschool	Soccer: 9/18 - 10/9 T-Ball: 10/16 - 11/6 Basketball: 11/13-12-11 (No Basketball on 11/27)	Saturdays 9:00 - 9:45am	<u>Each Session</u> \$10 Members \$20 Non-Members <u>All Sessions</u> \$25 Members \$50 Non-Members
Nerf Football	K - 1st Grade	September 7th - October 12th	Tuesdays 4:30 - 5:30pm	\$20 Members \$40 Non-Members
Flag Football	2nd - 4th Grade	September 7th - October 19th	Tuesdays 5:30 - 6:30pm	\$20 Members \$40 Non-Members
Esports	5th - 12th Grade	September 1st - November 12th	<b>Middle School:</b> Mondays/ Wednesdays 5:30-7:00pm <b>High School:</b> Tuesdays/ Thursdays 5:30-7:00pm	\$5 Members \$10 Non-Members
YMCA After-School Academy	1st - 8th Grade	Q1: August 30th - November 5th Q2: November 8th- January 14th	Monday- Friday 3:00 - 5:00pm 5:00-5:15 Pickup	<u>Per Quarter</u> \$500 Members \$700 Non-Members <u>Per Week</u> \$60 Members \$80 Non-Members
Active Teens	11-13 Years Old	September, October & November Sessions	Tuesdays and Thursdays 3:15pm-4:00pm	\$20 Members \$40 Non-Members
Dance Camp	K - 6th Grade	October	Monday - Thurs. Practices Friday Performance	\$20 Members \$35 Non-Members
Homeschool Gym	5 - 18 Years Old	September 13th - October 25th	Mondays 1:00 - 2:30pm	\$20 Members \$40 Non-Members
Youth Weightlifting	6th-12th Grade	October 4th - December 9th	Mondays, Tuesdays and Thursdays 3:30pm-4:30pm	\$90 Members \$135 Non-Members
Fall Soccer	K - 6th Grade	September 2nd - October 21st	Thursdays K-1st   4:30 - 5:30pm 2nd - 3rd   5:30 - 6:30pm 4th - 6th   5:30 - 6:30pm	\$20 Members \$40 Non-Members
Fall Volleyball	3rd - 6th Grade	September 15th - October 29th	Wednesday Practices Saturday Games	\$25 Members \$45 Non-Members
Lego League	9-14 Years Old	September 20th - December 8th	Mondays and Wednesdays 4:30 - 5:30pm	\$60 Members \$100 Non-Members
JO Volleyball	Birth Years 2004-2010	November-March	Weekly Practices Weekend Tournaments	TBD
Travel Basketball	5th - 8th Grade	November-March	Weekly Practices Weekend Tournaments	TBD

REGISTRATION OPTIONS: Online - [ymcaworthington.org/registration](https://ymcaworthington.org/registration) | Phone - 507-376-6197 | In Person - YMCA Front Desk

# ADULT PROGRAMS

## Personal Training

Our Personal Trainers will help you achieve your health and fitness goals with safe and effective personalized exercise programs. We offer both male and female trainers. Y-members only

# of Sessions	Length	Cost
6	30 minute	\$120/package
6	60 minute	\$210/package
12	30 minute	\$210/package
12	60 minute	\$360/package

Contact Cory Greenway for more information  
507-376-6197 Ext. 230 or  
cory.greenway@ymcaworthington.org

## Boot Camp

Boot Camp will consist of small group training incorporating cardio, weight training and core strengthening into the workout. This will be an advanced level class that will push your limits and get the most out of your workout! Pre-registration for this class is a must! Minimum of 3 people, maximum of 8. Sign up with your friends or as a group. Available to YMCA Members and Non-members.

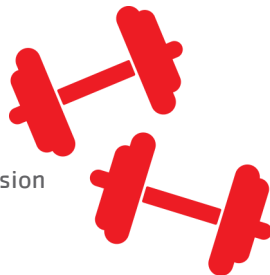
Session 6: August 10-September 9

Session 7: September 14-October 14

Session 8: October 26-November 24\*

Y-member: \$35.00 per 10 class session

Non-member: \$100.00 per 10 class session



## Men's Basketball

Men's Basketball captains meeting on Monday, November 1st at 6:30pm. Please contact Cory Greenway with questions. The 2021 Men's Basketball season will begin on Monday November 15th with games at 5:30pm. Registration must be paid by Monday November 8th at 7:30pm. Schedules will be sent out to captains/published Tuesday November 9th.

Season runs November 15th—January 24th.  
Seeded Playoffs January 31st– February 7th.

**Team Registration Fee: \$300.00**

\*Each team must provide referees for games throughout the season as assigned. Failure to do so will result in a forfeit in the following week. After 3 forfeits, the team will be removed from the schedule and season.



## Worthington Barbell Club

No prior experience necessary to join us; you just need an interest in bettering yourself and using weightlifting as a way to find mental, emotional and physical strength. A club environment allows members to find others with similar strength/experience and receive advice from those more skilled. Our focus is on training the Olympic Lifts, the "Big 3" and variations of barbell exercises. Program Director Cory will be available to answer any and all questions as well as provide spotting, coaching and explanations or education on all your exercise and weightlifting questions.

Wednesday Evenings 5:00pm–7:00pm

### Special Wednesday Clinics

- August 11th: Functional Fitness How To
- September 22nd: Fit For Duty Sample
- October 13th: Technique and Tapering
- November 17th: Technique & Quick Tips/Fixes
- December 15th: 1RM Max Lifting

Contact Cory Greenway for more information  
507-376-6197 Ext. 230 or  
cory.greenway@ymcaworthington.org



## Adult Volleyball Leagues

Join the YMCA's Adult volleyball leagues. Choose from Co-Ed or Women's league to participate in. Co-Ed play is scheduled on Tuesday evenings, Women's play is scheduled on Thursday evenings. Matches begin at 6:00pm. Pre-season captain's meeting November 9th at 6:30pm. Registration must be paid by Monday November 22nd at 7:30pm. Schedules will be sent out to captains/published Tuesday November 23rd.

Season runs week of November 29th though February 3rd  
Seeded Playoffs February 8th–17th

**Team Registration Fee: \$175**

\*matches are self called/officiated.



# ADULT PROGRAMS

## King Turkey Day Run/Walk

**Saturday, September 18**

### Start Times

All races will begin at 9:00am and will be lined up with the walkers in the back of the crowd

### Cost

5K/10K - \$25 through September 2  
\$35 September 3-17

KTD WALK - \$25 through September 2  
\$30 September 3-17

Virtual - \$25 can complete prior to September 18

### Awards

There will be a brief ceremony to award medals to the top 3 finishers in each age category for the 5K and 10K races

To register for or view additional information go to

**Register at <https://tinyurl.com/ktd2021>**

### Special Thanks to our Event Sponsors

- ♦ Worthington Public Utilities & Missouri River Energy
- ♦ Worthington Sport & Rec
  - ♦ RadioWorks
  - ♦ Sanford Worthington
- ♦ First State Bank Southwest
  - ♦ Trends Salon
- ♦ Worthington Federal Savings Bank
  - ♦ Hub Insurance
  - ♦ King Turkey Day Inc.
  - ♦ Yourway Transportation
  - ♦ M & M Warehouse



## Halloween at Pioneer Village

Come and trick or treat through Pioneer Village.  
We will have games and activities for all ages

Costumes not required but welcomed

Cost: One Nonperishable food item per person or a cash donation for the Manna Food Pantry

Join us on October 29th from 4-6PM



# AQUATICS— SWIMMING LESSONS



## SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

## SWIM BASICS

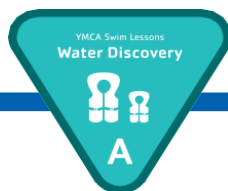
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

## SWIM STROKES

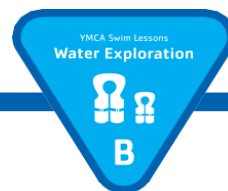
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

## STAGE DESCRIPTIONS



### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



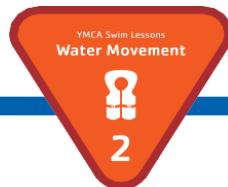
### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.



### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.



### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

**HAVE MORE QUESTIONS?** Contact our Aquatics Manager, Erin Benz at 507.376.6197 ext. 224 or [erin.benz@ymcaworthington.org](mailto:erin.benz@ymcaworthington.org)



# AQUATICS— SWIMMING LESSONS

## GROUP SWIM LESSONS Fall 2021

Aug 16–Sept 13 (No class Sept 6)

M & W Evening

5:00–5:30pm

5:35pm–6:05pm

6:10–6:40pm

Preschool 1	Preschool 2	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
X		X					
	X		X				
		X		X			

Sept 20—Oct 13

M & W Evening

5:00–5:30pm

5:35pm–6:05pm

6:10–6:40pm

Preschool 1	Preschool 2	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
	X			X			
X			X				
		X			X		

Oct 25—Nov 17

M & W Evening

5:00–5:30pm

5:35pm–6:05pm

6:10–6:50pm

Preschool 1	Preschool 2	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
X			X				
		X		X			
					X	X	X

**Group Swimming Lesson Fees:** Member: \$19 per session Non-Member: \$41 per session  
(a session includes 8 scheduled classes)

### Stage A & B (Parent/Child Lessons)

**Session 1** August 19–October 7 Thursday's 5:15–5:45pm

**Session 2:** October 14–December 9 Thursday's 5:15–5:45pm

Each session includes 8, 30 minute classes

Fees: Member: \$19 per session Non-Member: \$41 per session.

### Adult & Teen Group Lessons

**Session 1** September 7–October 5 Tuesday's 6–6:40pm

**Session 2:** October 19–November 16 Tuesday's 6–6:40pm

Each session includes 5, 40 minute classes.

Fees: Member: \$35 per session Non-Member: \$55 per session.

### Private & Semi-Private Lessons

Did you know we offer Private Swimming Lessons? No age restrictions, to schedule your lessons please contact Erin Benz at [erin.benz@ymcaworthington.org](mailto:erin.benz@ymcaworthington.org).

Each session includes 5, 30-minute lessons.

Private Fee: 1:1 \$60 Member \$115 Non Member

Semi-Private Fee: 1:2 or 3 \$40 per Member \$80 per Non Member

# AQUATICS—PROGRAMS

## 100 Mile Swim Club

This lap swimming challenge is conducted at your own pace at the Worthington YMCA pool.

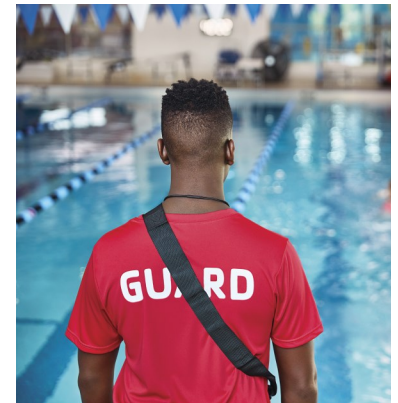
Simply keep track of the laps you swim during each workout and record your mileage on the tracking sheet. After each workout, have a lifeguard or someone in Aquatics sign your tracking form. Earn prizes along the miles, a cool shirt and great bragging rights upon the completion of the 100 miles.

## Red Cross Lifeguard Training

**September 4-6**

**October 21-23**

This comprehensive course offers up to date information on how to guard, anticipate and prevent problems and to take action to help those in need. CPR, First Aid and AED certifications are included in the cost of the program. 30 hours of coursework and hands on experience. Participants must pass a 300yd swim test on the first day of class in order to remain registered. Certification is good for 2 years.



## Stingray Swim Team

The Stingray Swim Team is open to swimmers from the Southwest Minnesota area who are interested in competitive swimming in the state YMCA swim program. The team competes against YMCA's from Mankato, Albert Lea, Austin, Winona, Spirit Lake, and MORE!

YMCA membership is required to participate in this program. Swim team is open to swimmers ages 5 to 18 that can swim front and back crawl 25 yards.

The swim season begins each October and runs through February with practices this year on Tuesdays from 4pm to 6pm and Monday and Thursday evenings starting at 7pm.

**Swim Team Practice begins October 4th.** Fee: \$165

Each additional family member who joins will receive \$10 off. Payment options are available at the YMCA. For Questions, contact Erin at 507-376-6197 ext. 224.

**Open Fun Meet—FREE!** Monday, September 20th 7pm

Open to anyone who can swim 25 yards front and back crawl.

## Swim Team Preseason Camp

Are you looking to get in the water and sample the Stingray Swim Team before committing to the season? Or perhaps your swimmer needs a quick tune-up before the Fall season begins. The Pre-season Camp is perfect for everyone; come join us and get your feet wet before the Stingray's Full season begins.

**September 21-30, Tuesday/Thursday**

**12 and under 6:30-7:30pm**

**13 and up 7:30-8:30pm**

**Fee: \$30**



## WE'RE HIRING SWIMMING LESSON INSTRUCTORS AND LIFEGUARDS!

Every year the Y engages hundreds of youth in swimming lessons and helps them to enjoy the water safely. Join our team today, and see the difference you can make! Being a Swimming Instructor is a fun and rewarding opportunity to engage with youth and adults in our community. We offer trainings and certifications to help get you prepared.

Contact Erin Benz for more details or with questions.

# HEALTH & WELLNESS

## WORTHINGTON YMCA GROUP EXERCISE FALL 2021

### MONDAY

	CLASS	INSTRUCTOR	LOCATION
5:30am	Y-Fit	Cory	Fitness Center
5:40am	Group Cycling	Becca	Multipurpose Room
9:00am	Fusion	Trista	Multipurpose Room
8:00am	Aquanastics	Trista	Aquatics Center
10:00am	Silver Sneakers Classic	Anita	South Gym
4:20pm	Fusion	Trista	Multipurpose Room
5:15pm	Strength Train Together	Trista	Multipurpose Room

### TUESDAY

5:45am	Boot Camp	Cory	South Gym
8:00am	Strength Train Together	Trista	Multipurpose Room
9:00am	Yoga	John	Multipurpose Room
9:15am	Silver Sneakers Yoga	Anita	South Gym
10:00am	Active Older Adults	Anita	South Gym
5:15pm	Strength Train Together	Christy	Multipurpose Room
6:30pm	Zumba	Hector	Multipurpose Room

### WEDNESDAY

5:30am	Y-Fit	Cory	Fitness Center
9:00am	Fusion	Trista	Multipurpose Room
8:00am	Aquanastics	Trista	Aquatics Center
10:00am	Silver Sneakers Classic	Anita	South Gym
5:15pm	Strong in 30	Trista	Multipurpose Room
6:00pm	Yoga	John	Multipurpose Room

### THURSDAY

5:45am	Boot Camp	Cory	South Gym
8:00am	Strength Train Together	Trista	Multipurpose Room
9:00am	Yoga	John	Multipurpose Room
9:15am	Silver Sneakers Yoga	Anita	South Gym
10:00am	Active Older Adults	Anita	South Gym
5:15pm	Strength Train Together	Christy	Multipurpose Room

### FRIDAY

5:30am	Y-Fit	Cory	Fitness Center
5:40am	Group Cycling	Becca	Multipurpose Room
9:00am	Fusion	Trista	Multipurpose Room
8:00am	Aquanastics	Trista	Aquatics Center
10:00am	Senior Cycling	Trista	Multipurpose Room
4:20pm	Defend Together	Christy	Multipurpose Room

# HEALTH & WELLNESS

## Group Exercise Class Descriptions

- SS FF Active Older Adults:** this class targets our senior members, of all ages. Tuesdays in the Fitness Center with a circuit of machines and Thursdays in the North Gym for free weight exercises using dumbbells. Join us for a fun filled session complete with coffee and fellowship afterwards in the Multipurpose Room.
- FF Aquanastics:** Get your body moving in our aquatic based wellness class. Anyone desiring to increase the amount they move their body each day with the low impact and assisted resistance from water. Each session begins with a warm-up and blends aspects of cardiovascular, strength, flexibility and balance as training tools. Registration is required, no limit to number of participants.
- IA Boot Camp:** Divided into 5-week sessions of 10 total classes, you will be lead through an intense workout mixing cardiovascular and strength training with a different workout every time. Registration required, limit of 8 participants per class. We recommend bringing your own water bottle.
- SS Fusion:** Non-stop strengthening and sculpting of your core, arms, legs and glutes using your body weight. Then we add intensity with free weights to give you that toned look! You will keep moving the full 45-minutes of class once we begin and use active recovery while letting your body rest.
- IA SS Group Cycling:** Our experienced instructors will push you in this class, taking you on different routines of intense cycling. You will need a water bottle as this class can have a high intensity! Limit of 10 participants per class.
- FF Senior Cycling:** This class is less intense and targeted towards our senior population. Come join the fun and social interaction of going on a ride at the YMCA. Limit of 10 participants per class.
- FF Silver Sneakers Classic:** A basic exercise class designed for seniors who would like to stay active. This class uses balls, bands, weights and chairs for assistance to give a challenging yet fun workout.
- SS FF Silver Sneakers Yoga:** A simpler yoga class designed for seniors where you can choose to use a chair for assistance or not. A great way to maintain or improve your flexibility.
- FF IA Strength Train Together:** Maximizes your workout results with 60 minutes of impactful strength training. You'll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights and bodyweight.
- SS IA Wave Fit:** Join us in the aquatics center on the YMCA's Stand Up Paddle boards (SUP) for a blend of balance, cardiovascular and strength training. This class utilizes your body weight, resistance bands and occasionally other tools to challenge your body and what you think you can do. Registration required, limit of 5 participants per class.
- IA Y-Fit:** This class varies day to day on the prescribed workout. A blended undulating periodized program provides varied intensities, metabolic conditioning to help you take steps towards a healthy lifestyle. Scalable workouts provide endless variety opportunities for participant progress and see results.
- SS Zumba:** A total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility. This workout mixes low-intensity moves with high intensity moves for an interval style, calorie burning dance fitness party.

**IA**

**Inner Athlete** These classes are for the intermediate to advanced exerciser. Become fitter, faster and stronger with these high intensity workouts!

**SS**

**Starting Strong:** These classes are great for beginners just getting into a workout routine! Challenging yet scalable for all fitness levels so you can start strong and continue to progress over time.

**FF**

**Forever Fit:** These classes are challenging yet recognize the exercise needs of 60+ adults. Low impact and functional movements give you a workout that's easier on the body while still being effective. Improve strength, balance, endurance and flexibility.