

Y M C A Health & Wellness

CLASS DESCRIPTIONS

Blast Class

This class is designed to be a spur of the moment class with different exercises each day. FREE. Located on our fitness floor.

Circuit Class

A spur of the moment circuit class to get you familiar with the circuit room. Provides different alternatives to use on the steps, and gets you motivated to make your 30 minute workout the most effective. FREE. Located in our circuit room.

Heart Wellness

A class to prevent or reduce the effects of Heart Disease. A doctor's clearance is required. This class includes simple stretches, cardiovascular exercise, and strength exercise. Staff monitors exercise, blood pressure, and heart rates. This is a fee class.

Massage Therapy

Therapeutic massage is one of the best, most non-invasive and enjoyable forms of health and wellness therapy available today. Schedule an appointment at the membership desk.

Youth Strength Training

A class for 12 & 13 year olds to get certified to workout on their own. This is a fee class.

Extreme Fitness

Program designed for youth/teens who need guidance in Fitness, Health & Wellness and making smarter nutritional and activity choices. This is a fee class.

Diabetes Support Group

Free to all members and non-members. Meets the 3rd Tuesday of the month at 6:15 pm.

Pyramid Fitness

Fitness class designed for healthy adults over the age of 60 that want to retain strength, mobility, and independence.

Level #1 is Dynamic training using exercise machines that are safe, effective and time efficient. The machines are easy to learn and perform, and they provide comprehensive muscle conditioning for all the major muscle groups.

Level #2 is Dynamic training emphasizing dumbbells and light-weight barbells. This type of training develops more balance, control and coordination than machines, and is more challenging.

Level #3 is Functional training that will improve balance, movement control, and core strength. Functional training will place minimum stress on joints and connective tissue, while increasing dynamic flexibility and balance; important fitness components for older men and women.

Health & Wellness schedule is on the reverse side.



Clark County Family YMCA Health & Wellness Class Schedule 2009

Please see our Group Exercise & Relaxation Class schedules for more exercise classes.

	Mon	Tue	Wed	Thu	Fri	Sat
5:30-6:00am	Circuit Class w/David FREE		Circuit Class w/David FREE		Circuit Class w/David FREE	
8:15-9:15am	Heart Wellness \$22member/\$40non-member (Spouse support is free)		Heart Wellness \$22member/\$40non-member (Spouse support is free)		Heart Wellness \$22member/\$40non-member (Spouse support is free)	
9:30-10:30am						
10:00-10:45am	Circuit Class w/Megan FREE		Circuit Class w/Megan FREE		Circuit Class w/Megan FREE	Youth Strength Training \$25 member fee
10:30-11:15am	Pyramid Fitness Level 1 \$20/month				Pyramid Fitness Level 3 \$20/month	
1:30-2:15pm			Pyramid Fitness Level 2 \$20/month			
2:00-3:00pm						
4:00-5:00pm	Youth Strength Training \$25 member fee					
5:00-6:00pm						
5:30-6:00 pm	Circuit Class W/Mary FREE		Circuit Class W/Mary FREE		Circuit Class W/Mary FREE	
6:00-7:00pm						
7:00-8:00pm		Youth Strength Training \$25 member fee				

Rev. 3/12/09

- * Heart Wellness- A class to prevent reduce risk of heart disease with monitoring of exercise levels, heart rates, blood pressures, and class support! *Fee class
- * Blast Classes - A 'spur' of the moment class with different exercises each day. FREE. Located on our fitness floor .
- * Circuit Classes - A 'spur' of the moment circuit class lead to get you familiar with the circuit, provide different alternatives to use on the steps, and get the motivation you need to make your 30 min workout the most effective! FREE. Located in our circuit room .
- * Youth Strength Training- A class for 12 & 13 yr olds to get certified to workout on their own. *Fee class
- * Teen Extreme Fitness- An in-depth class specifically for preventing or battling childhood obesity. *Fee class. (Not on schedule)
- * 'Fee' Classes- All classes are monthly classes. Must register before the 1st day of class. Minimum number of participants required to provide class.