

Hobart Family YMCA

Summer I

May 22 - June 24, 2017



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLOSED MONDAY MAY 29, 2017

Level	HEALTHY LIVING	Time	Day	Wks	Mem/Non	Instr.	Room	Max
1,2	EnhanceFitness@	8:00 - 9:00 am	M/W/F	5	FREE/\$28	Maria	gym	50
2,3	Group Conditioning	9:45-10:30 am	M	4	FREE/\$16	Brittney	FC	6
1,2,3	Restorative Yoga	5:15-6:15 pm	M	4	\$16/\$32	Amanda Childress	aerobic	15
1,2,3	On The Ball	10:00-10:45am	T	5	FREE/\$20	Brittney	aerobic	12
1,2,3	Mindfulsizing	11:00-11:45 am	T	5	\$5/\$30	Jerry Ashmore	aerobic	12
1,2,3	Zumba@ (Walk-in Class)	5:30-6:15pm	T	5	FREE	LaToya	gym	50
2,3	Fit & Firm	5:30-6:15 pm	T	5	FREE/\$20	Patricia	aerobic	15
1,2	Olga's Chair Fitness	9:15-10:00am	W	5	FREE/\$20	Olga	aerobic	50
	Core Training	10:30-11:15 am	W	5	FREE/\$20	Brittney	aerobic	12
	Youth Fitness Co-ED	12:15-12:45pm	W	10	\$15/\$15	Brittney	aerobic	12
	Kids Yoga (ages 5-12)	2:30-3:00pm	W	10	\$40/\$40	Amanda Childress	aerobic	15
2,3	Inferno Boot Camp	7:30-8:30pm	W	5	FREE/\$20	Patricia	gym	30
2,3	Fit & Firm	5:30-6:15 pm	TH	5	FREE/\$20	Patricia	aerobic	15
1,2,3	Zumba@ (Walk-in Class)	7:30-8:15 pm	TH	5	FREE	LaToya	gym	50
	Zumba® (Summer Market)	5:00pm	TH	Summer Market on the Lake		LaToya		June 1-Aug. 31st
1,2,3	Core Training	9:45-10:15 am	F	5	FREE/\$20	Brittney	aerobic	12
	Youth Karate (ages 5-8)	1:00-2:00pm	F	10	*\$55	Master Anthony Howard	gym	June 9-Aug. 11
	Youth Karate (9-12))	2:45-3:45 pm	F	10	*\$55	Master Anthony Howard	gym	June 9-Aug. 11
	*Karate includes T-shirt & Nunchaku							
1,2,3	Zumba@ (Walk-in Class)	8:00-8:45 am	Sat	5	FREE	LaToya	gym	50
	Personal Training	By Appointment only			\$30 hour	P.T.		1
	Small Group Personal Training	By Appointment only			\$20 hr each	P.T.		3
WATER FITNESS								
1,2	Aqua Sculpting	6:15 - 7:00 am	M/W/F	5	FREE/\$28	Debbie	pool	25
1	Arthritis	9:00-9:45 am	M/W/F	5	\$14/\$28	Debbie	pool	30
1,2	Aqua Jog	9:45-10:30am	M	4	FREE/\$8	Rebekah	pool	30
2,3	Aqua BootCamp	7:00-7:45 pm	M	4	FREE/\$18	Patricia	pool	22
1	H2O Walking	2:15 - 3:00 pm	M/W/F	5	FREE/\$28	Mellisa	pool	20
2,3	Tabata Tuesday	6:30-7:15 pm	T	5	FREE/\$20	Patricia	pool	22
1,2	Aquacise	9:45-10:30am	W	5	FREE/\$20	Rebekah	pool	25
1,2	Pilates H2O	9:00-9:45 am	T/TH	5	\$5/\$20	Debbie	pool	25
1,2,3	Aqua Jog	6:30-7:15 pm	TH	5	FREE/\$10	TBA	pool	30
2,3	Tabata H2O	9:45-10:30am	F	5	FREE/\$20	Rebekah	pool	25
1,2,3	Aqua Core	5:30-6:15pm	F	5	FREE/\$20	TBA	pool	25
	Adult Water Volleyball	7:15-8:45 pm	T/TH	5	FREE/\$5		pool	
SPORTS								
	T-Ball/Coach Pitch	ages 3-8 yr			\$30/\$60	Timothy	Field	
	Little sluggers (12-36 months)	11:00-11:30am	T	5	Free/\$10	Brittney	gym/field	
	Parent participation							
SELF-DEFENSE								
	PreSchool Karate	11:15-Noon	W	3-4	\$15/\$30	Master Anthony Howard	gym	
	Youth Karate	4:30-5:30pm	Thur	5-7	\$15/\$30	Master Anthony Howard	gym	
	Youth Karate	5:45-6:45pm	Thur	8-11	\$15/\$30	Master Anthony Howard	gym	
	Tai Chi / Self Defense & Karate	6:45-7:45pm	Thur	11 +	\$15/\$30	Master Anthony Howard	gym	
Dance Classes								
	Jr. Combo	Noon-12:30	T	3-5	\$15/\$30	Katherine	aerobic	
	Jr. Combo	11:40-12:10	sat	3-5	\$15/\$30	Katherine	aerobic	
Camps								
	Cheerleading Camp	2:45-3:30pm	M-F	5-12	\$15/\$30	Sports	Field	July 10-14
	Flag Football Camp	2:45-3:30pm	M-F	5-12	\$15/\$30	Sports	Field	July 10-14
	Soccer Camp	2:45-3:30pm	M-F	5-12	\$15/\$30	Sports	Field	July 17-21
	Basketball Camp	2:45-3:30pm	M-F	5-12	\$15/\$30	Sports	Gym	July 24-28

Level 1 Classes are low impact / level 2 are moderate to high impact/Level 3 is high impact



Hobart Family YMCA Summer II June 26- July 29, 2017

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLOSED Tuesday July 4th.

Level	HEALTHY LIVING	Time	Day	Wks	Mem/Non	Instr.	Room	Max
1,2	EnhanceFitness@	8:00 - 9:00 am	M/W/F	5	FREE/\$30	Maria	gym	50
1,2,3	Group Conditioning	9:45-10:30 am	M	5	FREE/\$20	Brittney	FC	6
1,2,3	Restorative Yoga	5:15-6:15 pm	M	5	\$20/\$40	Amanda Childress	aerobic	15
1,2,3	On The Ball	9:45-10:15am	T	4	FREE/\$16	Brittney	aerobic	12
1,2,3	Mindfulness Meditation	10:30-11:15am	T	4	\$4/\$24	Jerry Ashmore	aerobic	12
1,2,3	Zumba@ (Walk-in Class)	5:30-6:15pm	T	4	FREE	LaToya	gym	50
2,3	Fit & Firm	5:30-6:15 pm	T	4	FREE/\$16	Patricia	aerobic	15
2,3	PiYo LIVE@ BeachBody@	6:30-7:15pm	Y	4	\$4/\$16	Brittney	aerobic	12
1,2	Olga's Chair Fitness	9:15-10:00am	W	5	FREE/\$20	Olga	aerobic	12
2,3	PiYo LIVE® BeachBody®	10:15-11:00 am	W	5	\$5/\$20	Brittney	aerobic	12
2,3	Inferno Boot Camp	7:30-8:30pm	W	5	FREE/\$20	Patricia	gym	30
1,2,3	Zumba@	8:45-9:30 am	TH	5	\$15/\$30	Debra Sherwinski	aerobic	15
2,3	Pilates	9:45-10:30am	TH	5	\$15/\$30	Debra Sherwinski	aerobic	15
2,3	Fit & Firm	5:30-6:15 pm	TH	5	FREE/\$20	Patricia	aerobic	15
1,2,3	Zumba® (Summer Market)	4:45-5:30 pm	TH	Summer Market on the Lake		LaToya		June 1-Aug. 31st
1,2,3	On The Ball	9:45-10:15 am	F	5	FREE/\$20	Brittney	aerobic	12
1,2,3	Zumba@ (Walk-in Class)	8:00-8:45 am	Sat	5	FREE	LaToya	gym	50
	Personal Training	By Appointment only			\$30 hour	P.T.		1
	Small Group Personal Training	By Appointment only			\$20 hr each	P.T.		3

WATER FITNESS

1,2	Aqua Sculpting	6:15 - 7:00 am	M/W/F	5	FREE/\$30	Debbie	pool	25
1	Arthritis	9:00-9:45 am	M/W/F	5	\$15/\$30	Debbie	pool	30
1,2	Aqua Jog	9:45-10:30am	M	5	FREE/\$10	Rebekah	pool	30
2,3	Aqua BootCamp	7:00-7:45 pm	M	5	FREE/\$20	Patricia	pool	22
1	H2O Walking	2:15 - 3:00 pm	M/W/F	5	FREE/\$30	Mellisa	pool	20
2,3	Tabata Tuesday	6:30-7:15 pm	T	4	FREE/\$16	Patricia	pool	22
1,2	Aquacise	9:45-10:30am	W	5	FREE/\$20	Rebekah	pool	25
1,2	Pilates H2O	9:00-9:45 am	T/TH	5	\$4/\$16	Debbie	pool	25
1,2,3	Aqua Jog	6:30-7:15 pm	TH	5	FREE/\$10	TBA	pool	30
2,3	Tabata H2O	9:45-10:30am	F	5	FREE/\$20	Rebekah	pool	25
1,2,3	Aqua Core	5:30-6:15pm	F	5	FREE/\$20	TBA	pool	25
	Adult Water Volleyball	7:15-8:45 pm	T/TH	5	FREE/\$5		pool	

SPORTS

	Pickleball	5:00-7:00pm	TH	5	FREE/\$5	Sports	Gym	
	Dodge Ball (ages 8-10)	4:30-5:30pm	F	5	\$5/\$20	Tim	Gym	
	Dodge Ball (ages 11-14)	5:30-6:30pm	F	5	\$5/\$20	Tim	Gym	
	Little sluggers (12-36 months)	11:00-11:30am	T	4	Free/\$8	Brittney	gym/field	
		Parent participation						

SELF-DEFENSE

	Time	Day	Ages	Cost	Instructor	Room
PreSchool Karate	11:15-Noon	W	3-4	\$15/\$30	Master Anthony Howard	gym
Youth Karate	4:30-5:30pm	Thur	5-7	\$15/\$30	Master Anthony Howard	gym
Youth Karate	5:45-6:45pm	Thur	8-11	\$15/\$30	Master Anthony Howard	gym
Tai Chi / Self Defense & Karate	6:45-7:45pm	Thur	11 +	\$15/\$30	Master Anthony Howard	gym

Dance Classes

	Time	Day	ages	Cost	Instructor	Room
Ballet I	Noon-12:30	T	3-5	\$12/\$24	Olga	aerobic

Camps

Cheerleading Camp	2:45-3:30pm	M-F	5-12	\$15/\$30	Sports	Field	July 10-14
Flag Football Camp	2:45-3:30pm	M-F	5-12	\$15/\$30	Sports	Field	July 10-14
Soccer Camp	2:45-3:30pm	M-F	5-12	\$15/\$30	Sports	Field	July 17-21
Basketball Camp	2:45-3:30pm	M-F	5-12	\$15/\$30	Sports	Gym	July 24-28

Level 1 Classes are low impact / level 2 are moderate to high impact/Level 3 is high impact