

| <p style="text-align: center;">M</p> <p>SilverSneakers® Classic Janice (1,2) Gym 8:15 – 9:15 am</p> <p>SilverSneakersBOOM™ MIND Janice (1,2) Intergen 9:30 – 10:15 am</p> <p>Queenax Randi (2,3) FC 9:45 – 10:30 am</p> | <p style="text-align: center;">T</p> <p>Y Lose It! with Danielle 5:15 – 6:15 am</p> <p>Cardio & Strength Danielle (1,2,3) AR 9:15 – 10:00 am</p> <p>Rock `n` Roll Abs Janice (1,2,3) MPR 10:00 – 10:30 am</p> <p>Full Body Blast Danielle (2,3) AR 10:30 – 11:15 am</p> <p>SilverSneakers® Yoga Mellisa (1,2) Intergen 11:00 – 11:45 am</p> | <p style="text-align: center;">W</p> <p>SilverSneakers® Classic Janice (1,2) Gym 8:15 – 9:15 am</p> <p>SilverSneakersBOOM™ MIND Janice (1,2) Intergen 9:30 – 10:15 am</p> <p>Queenax Randi (2,3) FC 9:45 – 10:30 am</p> <p>Wii Bowling 50 yrs young & up (1,2,3) MPR 11:00-1:00 pm \$15/members – 8 weeks \$30/nonmembers – 8 weeks</p> | <p style="text-align: center;">Th</p> <p>Y Lose It! with Danielle 5:15 – 6:15 am</p> <p>Pickleball Hugh (1,2,3) Gym 9:00 – 12:00 pm</p> <p>Full Body Blast Danielle (2,3) AR 9:15 – 10:00 am</p> <p>Rock `n` Roll Abs Janice (1,2,3) AR 10:00 – 10:30 am</p> <p>TKO/Queenax Circuit Danielle (1,2,3) FC 10:30 – 11:15 am</p> | <p style="text-align: center;">F</p> <p>SilverSneakers® Classic Janice (1,2) Gym 8:15 – 9:15 am</p> <p>Cardio Drumming Danielle (1,2,3) AR/Gym 10:00 – 10:45 am</p> <p>Stretch Your Limits Danielle (1,2,3) AR 11:00 – 11:30 am</p> | <p style="text-align: center;">Sa</p> <p>Rock `n` Roll Abs Janice (1,2,3) MPR/AR 9:45 – 10:15 am</p> <p>Mat Core Powerhouse Janice (1,2,3) MPR/AR 10:45 – 11:30 am</p> |
|--|--|---|---|--|---|
| <p>Cardio & Strength Danielle (2,3) AR 5:30 – 6:15 pm</p> <p>On The Ball Rebekah (1,2,3) AR 6:30 – 7:15 pm</p> <p>Y Lose It! with Danielle 6:30 – 7:30 pm \$126/members – 8 weeks \$156/nonmembers – 8 weeks</p> | <p>Fit & Firm Patricia (2,3) AR 5:30 – 6:15 pm</p> <p>Cardio Drumming Danielle (1,2,3) MPR 6:30 – 7:15 pm</p> | <p>Express Tabata Rebekah (1,2,3) AR 5:45 – 6:15 pm</p> <p>On The Ball Rebekah (1,2,3) AR 6:30 – 7:15 pm</p> <p>Volleyball Hugh (1,2,3) Gym 6:00 – 8:45 pm</p> <p>Tai Chi/Self Defense & Karate 10 yrs & up (1,2,3) gym 5:30 – 6:30 pm \$25/members – 8 weeks \$50/nonmembers – 8 weeks</p> <p>Y Lose It! with Danielle 6:30 – 7:30 pm \$126/members – 8 weeks \$156/nonmembers – 8 weeks</p> | <p>Fit & Firm Patricia (2,3) AR 5:30 – 6:15 pm</p> | <p>Pickleball Hugh (1,2,3) Gym 6:00 – 9:00 pm</p> | <p style="text-align: center;">Su</p> <p>Organized Basketball Hugh (1,2,3) Gym 1:00 – 3:30 pm</p> |

**HOBART FAMILY YMCA
WEEKLY FITNESS & SPORTS SCHEDULES
MARCH 4TH – APRIL 28TH 2019**

FREE FOR MEMBERS!
Unless there is a price listed these classes are FREE for Hobart YMCA Members! No need to register for our free for members classes, just come on in, have fun & stay fit with us!

BRING A FRIEND!
Non-member participants are WELCOME! Please visit the Welcome Center to complete a waiver & pay \$8 per class/per visit before participating in any classes.

Schedule Guide
(Class Level) 1 Beginner; 2 Moderate, 3 Advanced
AR: Aerobics Room; FC: Fitness Center; MPR: Multipurpose Room
Highlighted class(s) require advanced registration.



HOBART FAMILY YMCA

Weekly AQUATIC Calendar March 4th – April 28th, 2019

| M | T | W | Th | F | S |
|---|---|--|---|---|--|
| <p>Aqua Sculpting Debbie (1,2) 6:15 – 7:00 am</p> <p>Aqua Jog Rebekah (1,2,3) 9:00 – 9:45 am</p> <p>Aqua Arthritis Debbie (1) 9:45 – 10:30 am \$24/members – 8 weeks \$48/nonmembers – 8 weeks</p> <p>H2O Walking Mellisa(1) 2:15 – 3:00 pm</p> <p>Aqua Arthritis Mellisa (1) (1) 6:15 – 7:00 pm \$8/members – 8 weeks \$24/nonmembers – 8 weeks</p> <p>Aqua Jog Mellisa (1) 6:15 – 7:00 pm</p> | <p>Aqua Zumba® Janice (1,2,3) 9:00 – 9:45 am</p> <p>Pilates h20 Debbie (1,2) 9:45 – 10:30 am \$8/members – 8 weeks \$24/nonmembers – 8 weeks</p> <p>Water Volleyball Adults Only (1,2,3) 1:00 – 2:45 pm</p> <p>Tabata Tuesday Patricia (2,3) 6:30 – 7:15 pm</p> | <p>Aqua Sculpting Debbie (1,2) 6:15 – 7:00 am</p> <p>Aquacise Rebekah (1,2) 9:00 – 9:45 am</p> <p>Aqua Arthritis Debbie (1) 9:45 – 10:30 am \$24/members – 8 weeks \$48/nonmembers – 8 weeks</p> <p>H2O Walking Mellisa(1) 2:15 – 3:00 pm</p> <p>SliverSneakers®Splash Mellisa (1,2) 6:30 – 7:15 pm</p> | <p>Aqua Zumba® Janice (1,2,3) 6:00 – 6:45 am</p> <p>SliverSneakers®Splash Mel (1,2) 8:15 – 9:00 am</p> <p>Aqua Zumba® Janice (1,2,3) 9:00 – 9:45 am</p> <p>Pilates h20 Debbie (1,2) 9:45 – 10:30 am \$8/members – 8 weeks \$24/nonmembers – 8 weeks</p> <p>h2O Circuit Patricia (2,3) 6:30 – 7:15 pm</p> <p>Water Volleyball Adults Only (1,2,3) 7:15 – 8:45 pm</p> | <p>Aqua Sculpting Debbie (1,2) 6:15 – 7:00 am</p> <p>Aqua Arthritis Debbie (1) 9:45 – 10:30 am \$24/members – 8 weeks \$48/nonmembers – 8 weeks</p> <p>Tabata h20 Rebekah (2,3) 9:00 – 9:45 am</p> <p>H2O Walking Mellisa(1) 2:15 – 3:00 pm</p> <p>Hydro Kickboxing Rebekah (1,2,3) 6:00 – 6:45 pm</p> | <p>Su</p> <p>Morning Tranquility Rebekah (1) 9:15 – 10:00 am \$7/members – 8 weeks \$21/nonmembers – 8 weeks</p> |

FREE FOR MEMBERS!

Unless there is a price listed these classes are FREE for YMCA Members! No need to register for our free for members classes, just come on in and have fun & stay fit with us!

BRING A FRIEND!

Non-member participants must visit the Welcome Center to complete a waiver & pay a \$5 fee before participating in any fitness classes.

SCHEDULE GUIDE

(Class Level) 1 Beginner; 2 Moderate, 3 Advanced
Highlighted Class(s) have a fee & require advanced registration. *MRC Class is dedicated to Maria Reiner Center Members.

MARCH SWIM LESSON Calendar

| M | W | F | Th | Sa |
|--|--|---|--|---|
| <p>Swim Basics 3-5 Mellisa 4:00 – 4:30 pm</p> <p>Swim Basics 6-12 Rebekah 4:00 – 4:45 pm</p> <p>Swim Strokes 6-12 Rebekah 4:45 – 5:30 pm</p> <p>Swim Basics 6-12 Mellisa 4:45 – 5:30 pm</p> <p>Swim Basics 13&up Rebekah 5:30 – 6:15 pm</p> <p>Swim Basics 6-12 Mellisa 5:30 – 6:15 pm</p> | <p>Swim Basics 3-5 Mellisa 4:15 – 4:45 pm</p> <p>Swim Basics 3-5 Mellisa 4:45 – 5:15 pm</p> <p>Swim Basics 6-12 Mellisa 5:15 – 6:00 pm</p> <p>Swim Strokes 6-12 Mellisa 5:15 – 6:00 pm</p> <p>Swim Starters** 6m-3yr Parent/Child Class Mellisa 6:00 – 6:30 pm</p> | <p>Swim Starters** 6m-3yr Parent/Child Class Mellisa 10:30 – 11:00 am</p> <p>Swim Basics 3-5 Mellisa 4:00 – 4:30 pm</p> <p>Swim Basics 6-12 Mellisa 4:30 – 5:15 pm</p> <p>Swim Strokes 6-12 Rebekah 4:30 – 5:15 pm</p> <p>Competitive Swim Rebekah 5:15-6:00 pm</p> | <p>SUCCESS Swim Lesson (Special Needs & Abilities) Mellisa 4:30 – 5:15 pm</p> | <p>Swim Basics / Strokes 13&up Rebekah 9:00 – 9:45 am</p> <p>Swim Mechanics 6-12 Mellisa 9:00-9:45 am</p> <p>Swim Basics 6-12 Mellisa 9:45-10:30 am</p> <p>Swim Strokes 6-12 Rebekah 9:45-10:30 am</p> <p>Swim Starters** 6m-3yr Parent/Child Class Rebekah 10:30 – 11:00 am</p> <p>Swim Basics 3-5 Mellisa 11:00 – 11:30 am</p> <p>Swim Basics 3-5 Mellisa 11:30 – 12:00 pm</p> <p>Swim Basics 6-12 Rebekah 11:30 – 12:15 pm</p> |

NEW TO SWIM LESSONS?

The Y’s youth swim lessons will help your kids stay fit, healthy and strong when they spend time in the water. But, most importantly, they will gain confidence and learn vital water safety skills that will last them a lifetime. Please note: No previous swim lessons; please register in the appropriate age group Swim Basic class. Competitive Swim must be a Mechanics Level or Instructor Referral.

PRICE & DETAILS:

\$12 Hobart Y Members / \$36 Community Participants
 **Parent participation required.
 Swim Lesson Sessions are calendar month lessons.
 Private & Semi-Private Lessons are an additional cost & by appointment only.
 Have more questions? Contact us at aquatics@hobartymca.org