

MORNING	M	T	W	Th	F	S	
	<p>Pure Fitness Janice (1,2) Gym 8:15 – 9:15 am</p> <p>Queenax Randi (2,3) FC 9:45 – 10:30 am</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>Pure Fitness Janice (1,2) Gym 8:15 – 9:15 am</p> <p>Queenax Randi (2,3) FC 9:45 – 10:30 am</p>	<p>Y Lose It! with Danielle 5:15 – 6:15 am</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>Pure Fitness 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>Zumba® Janice (1,2,3) MPR/AR 8:45 – 9:30 am</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>	
EVENING	<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</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>Y Lose It! with Danielle 6:30 – 7:30 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>Fit & Firm Patricia (2,3) AR 5:30 – 6:15 pm</p>			
							REVISED: 2/7/19

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 \$5 per class/per visit before participating in any classes.

UP & COMING!

Our next 6 Week Weight Loss Challenge **Y Lose It** program will begin February 24th – April 13th!
Rate: \$126 Members; \$156 Non-Members
 Register NOW for back-to-back **Y Lose It** challenges and scale down the bill learn more by asking the Welcome Center!

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.

<div style="text-align: center;">M</div> <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>	<div style="text-align: center;">T</div> <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>	<div style="text-align: center;">W</div> <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>	<div style="text-align: center;">Th</div> <p>Aqua Zumba® Janice (1,2,3) 6:00 – 6:45 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>	<div style="text-align: center;">F</div> <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>	<div style="text-align: center;">S</div>
<p>H2O Walking Mellisa(1) 2:15 – 3:00 pm</p> <p>Aqua Arthritis Mellisa (1) 6:15 – 7:00 pm \$8/members – 8 weeks \$24/nonmembers – 8 weeks</p> <p>Aqua Jog Mellisa (1) 7:00 – 7:45 pm</p>	<p>Tabata Tuesday Patricia (2,3) 6:30 – 7:15 pm</p>	<p>H2O Walking Mellisa(1) 2:15 – 3:00 pm</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>H2O Walking Mellisa(1) 2:15 – 3:00 pm</p> <p>Hydro Kickboxing Rebekah (1,2,3) 6:00 – 6:45 pm</p>	<div style="text-align: center;">Su</div> <p>Morning Tranquility Rebekah (1) 9:15 – 10:00 am \$8/members – 8 weeks \$24/nonmembers – 8 weeks</p>

FREE FOR MEMBERS!

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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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOBART FAMILY YMCA

Weekly YOUTH Activities

September 4th – October 27th, 2018

EVENING

M

Youth Fitness 6-12yrs
(1,2,3) AR
4:30 – 5:00 pm
\$15/members – 8 weeks
\$30/nonmembers – 8 weeks

T

Preschool Piano***
3-5yrs (1,2,3) Club Room
11:35-12:10 pm
\$35/members – Monthly
\$65/nonmembers – Monthly

W

Preschool Karate 3-4yrs
(1,2,3) gym
3:30 – 4:15 pm
\$25/members – 8 weeks
\$50/nonmembers – 8 weeks

Th

F

Aqua Gym 9-14yrs (must be 4ft tall)
(1,2,3) pool
5:15 – 6:15 pm
\$20/members – 8 weeks
\$40/nonmembers – 8 weeks

Youth Karate 5-9yrs
(1,2,3) gym
4:30 – 5:15 pm
\$25/members – 8 weeks
\$50/nonmembers – 8 weeks

Little Kicks 12m-36m
(1,2,3) gym
11:30 – 12:00 pm
\$8/members – 8 weeks
\$24/nonmembers – 8 weeks

Pickleball
(1,2,3) gym
6:30-7:30 pm
\$Free/members – 8 weeks
\$5 per class/nonmembers – 8 weeks

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

Homeschool Swim & Gym
(1,2,3) pool/gym
1:15 – 2:00 pm Swim Time
2:15 – 3:00 pm Gym Time
3:15 – 4:00 pm Swim Time
Must choose only one (1) swim time.
\$20/members; \$8 per additional child – 8 weeks
\$35/nonmembers; \$10 per additional child – 8 weeks

Competitive Swim 6-12yrs (2,3) pool
5:15-6:00 pm
\$24/nonmembers – 8 weeks
\$48/nonmembers – 8 weeks

FOR YOUTH DEVELOPMENT

Youth Fitness helps children start a healthy lifestyle by learning the fundamentals of fitness. Classes are designed to help youth be more active through fun and engaging exercise! Most classes fall into an 8 Week Session Cycle.

TRY A CLASS!

Interested in a class? Come Try A Class for FREE! Stop at the Welcome Center to fill out waiver and Try A Class Pass.

Reminder! Everyone should check in at the Welcome Center each Y visit.

Schedule Guide

(Class Level): 1 Beginner; 2 Moderate, 3 Advanced
Aerobic Room: AR
Fitness Center: FC

**Try A Class Pass Not Applicable.

Highlighted Class(s) require advanced registration.

FEBRUARY 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 Debbie 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 8 Weeks Long.
 Private & Semi-Private Lessons are an additional cost & by appointment only.
 Have more questions? Contact us at aquatics@hobartymca.org