



Hobart Family YMCA Summer III July 31–Sept. 2, 2017

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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	PiYo LIVE® BeachBody®	9:45–10:15am	T	5	FREE/\$20	Brittney	aerobic	12
1,2,3	Mindfulness Meditation	10:30–11:15am	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/\$16	Patricia	aerobic	15
1,2	Olga's Chair Fitness	9:15–10:00am	W	5	FREE/\$20	Olga	aerobic	12
2,3	On The Ball	10:15–11:00 am	W	5	\$5/\$20	Brittney	aerobic	12
1,2,3	PiYo LIVE® BeachBody®	6:30–7:15 pm	W	5	FREE/\$20	Brittney	aerobic	12
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® (Summer Market)	4:45pm	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						
	Small Group Personal Training	By Appointment only						
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	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	6:00–6:45pm	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	
	Little sluggers (12–36 months)	11:00–11:30am	T	5	Free/\$10	Brittney	gym/field	
		Parent participation						
SELF-DEFENSE								
	PreSchool Karate	3:30–4:30pm	Thur	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								
	Ballet I	Noon–12:30	T	3–5	\$15/\$30	Olga	aerobic	

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