

Hobart Family YMCA

Winter I

January 7-March 3, 2019



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Level	HEALTHY LIVING	Time	Day	Wks	Members	NonMembers	Instr.	Room	Max
1,2	Pure Fitness	8:15 - 9:10 am	M/W/F	8	FREE	\$5 per class	Janice	gym	25
1,2,3	Queenax	9:45-10:30am	M/W	8	FREE	\$5 per class	Randi	FC	15
1,2,3	Zumba®	10:00-10:45am	M/W	8	FREE	\$5 per class	Janice	gym	25
2,3	Cardio and Strength	5:30-6:15pm	M	8	FREE	\$5 per class	Danielle	aerobic	12
1,2,3	On the Ball	6:30-7:15pm	M/W	8	FREE	\$5 per class	Rebekah	aerobic	12
1,2,3	Cardio and Strength	9:15-10:00am	T	8	FREE	\$5 per class	Danielle	aerobic	12
1,2,3	Rock and Roll Abs	10:00-10:30am	T/TH	8	FREE	\$5 per class	Janice	aerobic	12
2,3	Full Body Blast	10:30-11:15am	T	8	FREE	\$5 per class	Danielle	aerobic	12
1,2,3	Fit & Firm	5:30-6:15pm	T	8	FREE	\$5 per class	Patricia	aerobic	12
1,2,3	Cardio Drumming	6:30-7:15pm	T	8	FREE	\$5 per class	Danielle	intergen	12
1,2,3	Express Tabata	5:20-5:50pm	W	8	FREE	\$5 per class	Rebekah	aerobic	15
2,3	Full Body Blast	9:15-10:00	TH	8	FREE	\$5 per class	Danielle	aerobic	12
1,2,3	Winter Mix	10:30-11:15	TH	8	FREE	\$5 per class	Danielle	aerobic	12
1,2,3	Cardio Drumming	10:00-10:45am	F	8	FREE	\$5 per class	Danielle	aerobic	12
1,2,3	Stretch your Limits	11:00-11:30am	F	8	FREE	\$5 per class	Danielle	aerobic	12
1,2,3	Zumba®	8:45-9:30 am	Sat	8	FREE	\$5 per class	Janice	intergen	15
1,2,3	Rock and Roll Abs	9:45-10:15am	Sat	8	FREE	\$5 per class	Janice	intergen	15
1,2,3	Mat Core Powerhouse	10:45-11:30am	Sat	8	FREE	\$5 per class	Janice	aerobic	12
WATER FITNESS									
1,2	Aqua Sculpting	6:15 - 7:00 am	M/W/F	8	FREE	\$5 per class	Debbie	pool	25
1	Arthritis	9:45-10:30 am	M/W/F	8	\$24/\$48		Debbie	pool	25
1	H2O Walking	2:15 - 3:00 pm	M/W/F	8	FREE	\$5 per class	Mellisa	pool	15
1,2	Aqua Jog	9:00-9:45 am	M	8	FREE	\$5 per class	Rebekah	pool	25
1,2,3	Aqua Jog	6:15-7:00pm	M	8	FREE	\$5 per class	Mellisa	pool	20
1,2,3	Aqua Zumba®	9:00-9:45am	T/TH	8	FREE	\$5 per class	Janice	pool	25
2,3	Tabata Tuesday	6:30-7:15 pm	T	8	FREE	\$5 per class	Patricia	pool	25
1,2	Aquacise	9:00-9:45am	W	8	FREE	\$5 per class	Rebekah	pool	25
1,2	Pilates H2O	9:45-10:30 am	T/TH	8	\$8/\$24		Debbie	pool	25
2,3	H2O Circuit	6:30-7:15pm	TH	8	FREE	\$5 per class	Patricia	pool	25
2,3	Tabata H2O	9:00-9:45am	F	8	FREE	\$5 per class	Rebekah	pool	25
1,2,3	Hydro Kickboxing	6:00-6:45pm	F	8	FREE	\$5 per class		pool	25
1	Morning Tranquility	9:15-10:00am	Sunday	8	\$8/\$24		Rebekah	pool	12
	Adult Water Volleyball	1:00-2:45pm	T	8	FREE	\$5 per class		pool	
	Adult Water Volleyball	7:15-8:45 pm	TH	8	FREE	\$5 per class		pool	
YOUTH FITNESS/SPORTS									
	Youth Fitness (6-12)	4:30-5:00pm	M	8	\$15	\$30	Randi	aerobic	12
	Wii Bowling 50+	11:00-1:00 pm	W	8	\$15	\$30	Pam Bolinger	intergen	
	Little Sports (12-36 months)	11:15-11:45 am	F	8	\$8	\$24	Mellisa	gym	
	Home School Swim	1:15-2:00pm	F	8	\$20/\$35	additional child	\$8/\$10 non member		
	Home School Gym	2:15-3:00pm	F	8	\$15/\$25	additional child	\$8/\$10 non member		
	Home School Karate	2:15-3:00pm	F	8	\$30/\$60				
	Home School More	3:00-3:45pm	F	8	\$10/\$15	additional child	\$5/\$8 non member		
SELF-DEFENSE									
	PreSchool Karate	3:30-4:15pm	W	3-4	\$30	\$60	Master Anthony Howard	intergen	
	Youth Karate	4:30-5:15pm	W	5-9	\$30	\$60	Master Anthony Howard	intergen	
	Youth Karate	5:30-6:30pm	W	10+	\$30	\$60	Master Anthony Howard	intergen	
	Tai Chi / Self Defense & Karate	5:30-6:30pm	W	10+	\$30	\$60	Master Anthony Howard	intergen	
RED CROSS TRAININGS									
	CPR for the Professional	7:00-1:00 pm	W		\$90	Jan. 2nd	Debbie	intergen	
	First Aid	7:00-Noon	TH		\$50	Jan. 3rd	Debbie	intergen	
	CPR & FA combined				\$110	Jan 2nd & 3rd	Debbie	intergen	
SPECIALTY CLASS									
	Speed and Agility Clinic	4:45-5:45 pm	F	4 weeks	\$40/\$60	ages 8-10	Danielle		
	Speed and Agility Clinic	5:45-6:45pm	F	4 weeks	\$40/\$60	ages 11-14	Danielle		
	Y Lose It	6:30-7:30 pm	M/W	6weeks	\$126/\$156		Danielle		
	Y Lose It	5:15-6:15am	T/TH	6 weeks	\$126/\$156		Danielle		

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