



Hobart Family YMCA Sprung April 29 - June 23 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Level	HEALTHY LIVING	Time	Day	Wks	Members	NonMembers	Instr.	Room
1,2	Active Aging	8:00-9:00 A.M.	M/W/F	8	FREE	\$5/CLASS	Heather	Gym
1,2,3	Suspension Training/Queenax	9:30-10:00 A.M.	M	8	FREE	\$5/CLASS	Randi	FC
2,3	H.I.I.T. Me With Your Best Shot	5:30-6:30 P.M.	M	8	FREE	\$5/CLASS	Heather	Aerobic
1,2,3	Weight Loss Meditation	6:45-7:30 P.M.	M	8	FREE	\$5/CLASS	Jerry	Aerobic
2,3	Hardcore H.I.I.T.	9:30-10:00 A.M.	T	8	FREE	\$5/CLASS	Randi	Aerobic
2,3	Barre Above	10:30-11:00 A.M.	T	8	FREE	\$5/CLASS	Brittney	Aerobic
1,2,3	Group Fitness/Queeax	11:30-12:00 P.M.	T	8	FREE	\$5/CLASS	Brittney	FC
2,3	Fit & Firm	5:30-6:15 P.M.	T	8	FREE	\$5/CLASS	Patricia	Aerobic
1,2,3	TurboKick®	6:30-7:15 P.M.	T	8	FREE	\$5/CLASS	Brittney	Aerobic
1,2,3	Meet Me @ the Barre	9:00-9:30 A.M.	W	8	FREE	\$5/CLASS	Brittney	Aerobic
1,2,3	Run Club	9:00-10:00 A.M.	W	8	FREE	\$5/CLASS	Heather	FC/OUTSIDE
1,2,3	Yoga	10:45-11:45 A.M.	W	8	\$24	\$48	Kelly	Aerobic
2,3	Inferno Bootcamp	7:30-8:30 P.M.	W	8	FREE	\$5/CLASS	Patricia	Gym
1,2,3	Strength and Cardio/Queenax	8:30-9:15 A.M.	TH	8	FREE	\$5/CLASS	Heather	FC
1,2,3	Welcome to TurboKick®	9:00-9:30 A.M.	TH	8	FREE	\$5/CLASS	Brittney	Aerobic
1,2,3	Hardcore H.I.I.T.	9:30-10:00 A.M.	TH	8	FREE	\$5/CLASS	Randi	Aerobic
1,2,3	Queenax® Bridge Basics	10:30-11:00 A.M.	TH	8	FREE	\$5/CLASS	Brittney	FC
2,3	Fit & Firm	5:30-6:15 P.M.	TH	8	FREE	\$5/CLASS	Patricia	Aerobic
1,2,3	Queenax® Power Circuit Burn	6:30-7:15 P.M.	TH	8	FREE	\$5/CLASS	Patricia	FC
1,2,3	PiYo®	10:30-11:30 A.M.	F	8	FREE	\$5/CLASS	Brittney	Aerobic

Sports

T-Ball/Coach Pitch	Ages 3-8 yr		6	\$36	\$72	Starts June 4th	Field
Little Sluggers	12-36 Months	F	8	FREE	\$16	Brittney	Gym

Youth Beginner Volleyball

Ages 6-8 yr	4:45-5:45 P.M.	F	8	\$20	\$40	Kelsey	Gym
Ages 9-15 yr	5:45-6:45 P.M.	F	8	\$20	\$40	Kelsey	Gym

Self-Defense

			Ages			Instructor	
PreSchool Karate	3:30-4:15 P.M.	Th	3-4	\$25	\$50	Master Anthony Howard	Gym
Youth Karate	4:30-5:30 P.M.	Th	5-7	\$25	\$50	Master Anthony Howard	Gym
Youth Karate	5:30-6:30 P.M.	Th	8-11	\$25	\$50	Master Anthony Howard	Gym
PreSchool Karate	3:30-4:15 P.M.	F	3-4	\$25	\$50	Master Anthony Howard	Gym
Youth Karate	4:30-5:30 P.M.	F	5-7	\$25	\$50	Master Anthony Howard	Gym
Youth Karate	5:30-6:30 P.M.	F	8-11	\$25	\$50	Master Anthony Howard	Gym
Tai Chi/ Self Defense & Karate	5:30-6:45 P.M.	F	11+	\$25	\$50	Master Anthony Howard	Gym



Hobart Family YMCA
Sprung
April 30-June 3, 2018

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CLOSED Monday, May 28, 2018 (Memorial Day)

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	\$23	\$46	Debbie	pool	25
1,2	Aqua Jog	9:00-9:45 am	M	8	FREE	\$5 per class	Rebekah	pool	25
1	Athritis	6:15-7:00pm	M	7	\$7	\$21	Mellisa/Rebekah	pool	20
2,3	Circuit H2O	7:00-7:45 pm	M	8	FREE	\$5 per class	Patricia	pool	20
1	H2O Walking	2:15 - 3:00 pm	M/W/F	8	FREE	\$5 per class	Mellisa	pool	15
1,2,3	Aqua Zumba	9:00-9:45am	T	8	\$20	\$40	Janice Gryfakis	pool	24
2,3	Tabata Tuesday	6:30-7:15 pm	T	8	FREE	\$5 per class	Patricia	pool	25
1,2	Aquacise	9:00-9:45 am	W	8	FREE	\$5 per class	Rebekah	pool	25
1	Arthritis	6:30-7:15pm	W	8	\$8	\$24	Mellisa/Rebeka	pool	20
1,2,3	Aqua Zumba	6:00-6:45am	TH	8	\$20	\$40	Janice Gryfakis	pool	20
1,2,3	Aqua Zumba	9:00-9:45am	TH	8	\$20	\$40	Janice Gryfakis	pool	20
1,2	Pilates H2O	9:45-10:30 am	T/TH	8	\$8	\$32	Debbie	pool	25
1,2,3	Aqua Jog	6:30-7:15 pm	TH	8	FREE	\$5 per class	Mellisa	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	Rebekah	pool	25
	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	
1	Arthritis	8:15-9:00am	Sat	8	\$8	\$24	Mellisa/Rebekah	pool	20

SPORTS

	Youth Water Sports Ages 9-14 (must be 4ft tall)	5:15-6:15pm	T	8	\$24	\$48	Mellisa/Rebekah	pool	25
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RED CROSS TRAININGS

	CPR for the Professional	3:30-8:45pm	TH		\$90		31-May-18		
	First Aid	3:30-7:00pm	F		\$50		1-Jun-18		
	CPR & FA combined				\$110		May 31 & June 1		