



**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**

FOR YOUTH DEVELOPMENT®
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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 |
|--|--|-------------|---|---|------|------|-----------------|------|----|

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 | | |