



East Area Family YMCA Family Friendly Schedule April 28th — June 7th, 2008



Schedule Subject to Change.

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:30am		Stroller Fit*** Bethany Gym Courts 1 & 2		Stroller Fit*** Bethany Gym Courts 1 & 2			
5:45-6:30pm		Yoga Kids (Ages 5-11) Linda *Youth Zone in Fitness Center* *Parents must stay with children ages 5-7.*					
6:30-7:15pm			Prenatal Fitness Kathy M (6:30-7:30pm) *SACC* * Registration required.	Kids Fun Factory Kathy M Gym Court 3 *Registration required			
7:30-8:30pm				The Fit Zone Virgil Gym Court 3 * Registration required			

Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

Class Descriptions

Kids Fun Factory - (Ages 5-8) This is an exercise program designed to teach young children how to properly exercise and to show them that exercise is fun! They will warm-up, work into a basic cardiovascular segment, and end with flexibility exercises.

FREE for Members

Stroller Fit - This class gives new parents/caretakers the perfect opportunity to ease back into a fitness routine while bringing their new infant along for the ride! Class begins with a warm-up, then moves into cardiovascular and body strengthening exercises. This is an excellent way to get back into shape after having a baby, with the added benefits of not leaving your infant, and meeting new parents/caregivers! Class length is approximately 60 minutes and ongoing.

FREE for Members; \$40 for 10 classes for Non-Members

The Fit Zone - (Ages 8-14) This exercise program is designed specifically for both active and not-so-active youth. The first half of class focuses on fun, cardiovascular fitness exercises, while the second half emphasizes basic strength conditioning. Various pieces of exercise and sports equipment are utilized, such as free weights, body-bars, resistance tubing and exercise balls. Whether you are preparing for a sport or just want to have fun, you will make friends and will learn safe, effective ways to make fitness a fun part of your life!

FREE for Members

Yoga Kids - (Ages 5-11) This is a mind-body Yoga class, designed specifically for kids! Kids learn the basic foundation of Yoga, concentrating on breathing, good posture, strengthening, and stretching, all while having fun! Class will be held in the Youth Zone of the Fitness Center. The Youth Zone will be closed for regular exercise, so only those attending class will be permitted to use the room during class time. This is an on-going class. Parents/caregivers must stay with children ages 5-7 years old; all adults are encouraged to participant with their children!

FREE for Members