



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **EXPLORE ENGAGE EXPERIENCE**

**YMCA OF MARQUETTE COUNTY  
FALL 1 & 2 PROGRAMS**



**YMCA OF MARQUETTE COUNTY**  
1420 Pine Street Marquette MI 49855  
**P** 906.227.9622 **F** 906.227.9248  
**W** [ymcamqt.org](http://ymcamqt.org)

**YMCA of Marquette County**  
**West End Location**  
350 Iron Street Negaunee MI 49866  
**P** 906.475.9666 **F** 906.475.9666  
**W** [ymcamqt.org](http://ymcamqt.org)

# GET ENGAGED

We know firsthand how difficult it can be to find balance in life. That's why we're here with you every day, making sure that you, your family and our community have the resources and support needed to learn grow and thrive.

## MEMBERSHIP BENEFITS FOR ALL

Join the YMCA of Marquette County and become part of a community committed to helping you and your kids learn, grow and thrive. Y members receive full access to the facility's Fitness Center, Gym and Locker Rooms; priority registration for classes and program; free fitness and aqua exercise classes; and discounts on classes and programs with a fee.

The option for the Marquette facility membership allows you to use both facilities.

## FINANCIAL ASSISTANCE

The YMCA of Marquette County is a 501(c)3 nonprofit charity . Financial assistance is available for membership and for our programs for those who qualify. Thanks to the generous gifts of our donors, we are able to continue to help our community. Stop by either facility to pick up a financial assistance application or download one at [ymcamqt.org](http://ymcamqt.org).

## AWAY PROGRAM

The Always Welcome At YMCA (AWAY) program is your access to YMCAs across the nation during times of travel. Call 1-800-US-YMCA or [www.ymca.net](http://www.ymca.net) for the YMCA closest to your traveling destination, and to find out specific details. When traveling to another YMCA, please make sure to bring your membership card and a picture I.D. Out of state visitors will receive up to 12 visits to the YMCA of Marquette County per year. In state and WI visitors have unlimited visits to the YMCA of Marquette County.



## FEES

Membership Types	Marquette/ Joining Fee	West End/ Joining Fee
Youth (0-18)	\$19 /None	\$15 /None
Young Adult (19-24)	\$26 /\$45	\$21 /\$30
Individual (25-64)	\$41 /\$75	\$29 /\$54
Family*	\$66 /\$75	\$46 /\$54
Senior Individual (65+)	\$38 /\$75	\$28 /\$54
Senior Couple**	\$56 /\$75	\$39 /\$54
Military Family***	Varies/ None	Varies/ None

\* 1 or 2 financially dependent adults residing in the same household and their dependent children, up to age 24.

\*\* 2 adults residing in the same household, both ages 65 or older.

\*\*\* An adult who is active or disabled military

## CORPORATE MEMBERSHIP

A healthy and active lifestyle leads to mental and physical well-being. As studies have shown, healthy, happy employees are much more productive employees. A company can benefit from offering wellness opportunities to their employees. These benefits can include reduced healthcare expenses, decreased absenteeism and increased productivity and morale.

- The YMCA of Marquette County offers two locations (Marquette and Negaunee) for one rate.
- The Y can arrange for health and wellness classes, seminars and assessments onsite at your company.

# YMCA OF MARQUETTE COUNTY INFORMATION

The YMCA of Marquette County has friendly and courteous staff committed to providing excellent service while making your visit an enjoyable experience.

## YMCA of Marquette County

### HOURS OF OPERATION BEGIN SEPT 2

Monday - Thursday	5:00am - 9:00pm
Friday	5:00am - 8:00pm
Saturday	7:00am - 7:00pm
Sunday	10:00am - 6:00pm

## YMCA of Marquette County

### West End Location

### HOURS OF OPERATION BEGIN SEPT 2

Monday - Thursday	5:00am - 8:30pm
Friday	5:00am - 7:30pm
Saturday	7:30am - 4:00pm
Sunday	10:00am - 4:00pm

## REGISTRATION FOR PROGRAM SESSIONS

Our swimming, wellness, and fitness classes are scheduled in five to seven week sessions. Registration is on a first-come, first serve basis. Payment is due at time of registration. YMCA members enjoy the privileges of early registration and reduced rates.

## 2014 SESSION & REGISTRATION

### FALL 1 REGISTRATION DATES

Members Only:	Monday, Aug 11
Open Registration:	Monday, Aug 18

### FALL 1 SESSION DATES

September 8 - October 25

### FALL 2 REGISTRATION DATES

Members Only:	Monday, Sept 29
Open Registration:	Monday, Oct 6

### FALL 2 SESSION DATES

October 27 - December 20  
(no programs the week of Thanksgiving)

### YMCA CLOSED

September 1, 2014  
November 27, 2014  
December 24, 2014 (closing at 12:00pm)  
December 25, 2014  
December 31, 2014, (closing at 3:00pm)  
January 1, 2015

## REGISTRATION ONLINE

[Web3.trinexum.com/HUB/Marquette](http://Web3.trinexum.com/HUB/Marquette)

On the YMCA of Marquette County Y website, members can:

- Access account status
- Register for programs online. Your account is automatically updated and a receipt issued.
- No waiting in line! Register from the comfort of home or office at your own computer.
- Make a donation to our Annual Campaign.

**Contact Us** | Phone: 906.227.9622 | E-Mail: [fdesk@ymcamqt.org](mailto:fdesk@ymcamqt.org) | Web: [ymcamqt.org](http://ymcamqt.org)

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# WHERE CAN MY CHILDREN PLAY AT THE Y

## POOL -

Marquette Location

Our pool has a great slide and rain tree, as well as a hot tub and sauna. Come relax, swim laps, join an aqua aerobics class or play on the slide - it's not just for kids!

**Lap Swim:** Lap Lanes guaranteed. Other areas of the pool available for open usage. Lane rope is installed.

**Pool Open:** All children less than 5-feet tall must either pass a swim test or have an actively-engaged adult in the water with them at all times.

**Swim Diapers:** Must be worn by children who are not potty trained. (Are available at the front desk for \$1)

## SAUNA

Marquette and Negaunee Location

The sauna are for those 18 or older.

### Marquette Hours

When the YMCA pool is open the Sauna is open.

### West End Hours

Monday: 7:00am - 7:30pm

Tuesday: 8:00pm - 7:30pm

Wednesday: 7:00am - 7:30pm

Thursday: 8:00pm - 7:30pm

Friday: 7:00am - 6:30pm

Saturday: 8:30am - 3:00pm

Sunday: 11:00am - 3:00pm

## GROUP EXERCISE CLASSES

### SHOWERS & LOCKERS

Marquette & Negaunee Location

Included with membership and day passes. Must provide your own lock. Available at both Marquette and Negaunee locations.

## BOULDERING WALL

Negaunee Location

5 and under must be with a parent, youth must be 12 years or older to supervise children over the age of 8. Socks must be worn at all times.

### Fall Hours

Monday: 5:30pm - 7:30pm

Tuesday: 5:30pm - 7:30pm

Wednesday: 5:30pm - 7:30pm

Thursday: 5:30pm - 7:30pm

Friday: 5:30pm - 7:30pm

Saturday: 9:00am - 11:00am

Sunday: 11:00am - 1:00pm

## KIDZ ZONE (6 Weeks - 7 years)

Marquette and Negaunee Location

Kidz Zone is available to members and guests who are working out or attending classes/programs provided at the Y. Our trained and caring staff provide a safe, fun place for your child while you work out. There is a per hour fee for members and visitors.

An emergency form and parent agreement must be filled out before your child's first day of attendance. This provides a full understanding of what our families can expect from us and what we expect from our families.

## YMCA of Marquette County

### Kidz Zone Fall Hours

Monday: 8:30am - 1pm and 4:00pm - 8:30pm

Tuesday: 8:30am - 1pm and 4:00pm - 8:30pm

Wednesday: 8:30am - 1pm and 4:00pm - 8:30pm

Thursday: 8:30am - 1pm and 4:00pm - 8:30pm

Friday: 8:30am - 1pm and 4:00pm - 7:30pm

Saturday: 9:00am - 2:00pm

Sunday: 10:00am - 3:00pm

## YMCA of Marquette County

### West End Kidz Zone Fall Hours

Monday: 8:30am - 12:30pm and 5:30pm - 7:30pm

Tuesday: 9:30am - 12:30pm and 5:30pm - 7:30pm

Wednesday: 8:30am - 12:30pm and 5:30pm - 7:30pm

Thursday: 9:30am - 12:30pm and 5:30pm - 7:30pm

Friday: 8:30am - 12:30

Saturday: 9:00am - 11:00am

Sunday: Closed



You may know the Y for our pools, classes, gyms, basketball courts or summer camps, but at the YMCA of Marquette County, the Y is so much more. We also offer transformative programs in teen leadership, afterschool learning, work readiness, and international exchange for young individuals.

All of it free or at low cost for those who need it most.

That's where you come in. Help us make our community stronger as we reach people of all ages and all backgrounds in our community. When you volunteer or give, you're building a stronger Marquette County.

With your help we can do so much more.



**THE Y. SO MUCH MORE™**

**Please give today.**  
[ymcamqt.org/give](http://ymcamqt.org/give)

# DEVELOP LIFELONG SKILLS



## YOUTH PROGRAMS AQUATICS

Contact Erin Jewett, Aquatics Coordinator for more information at 906.227.9622 or email Erin at [ejewett@ymcamqt.org](mailto:ejewett@ymcamqt.org).

### Parent and Child Swim (6 months - 3 years)

Developed for children six months to three years, Parent and Child swim lessons help young children get ready to swim by emphasizing fun in the water. Parents and children participate together in several guided sessions. Children learn elementary swimming skills, which include water entry, bubble blowing, front kicking, back floating and underwater exploration, all through songs and games!

Minimum 3 people to run class.

YMCA Pool

#### Fall 1 & 2 Session

Monday 6:05pm - 6:35pm

Wednesday 5:30pm - 6:00pm

Thursday 10:00am - 10:30am

Saturday 10:00am - 10:30am

Member: \$34

Non Member: \$51

### Transition Preschool Swim (2 - 3 years)

A transition from the Parent and Child class for those children not quite ready for our regular preschool lessons, this program is designed to be the first class away from mom or dad and features play in the water that teaches beginning skills such as blowing bubbles, getting ears and face wet, floating, kicking and water safety.

Minimum 2 people to run class.

YMCA Pool

#### Fall 1 & 2 Session

Thursday 10:35am - 10:55am

Saturday 10:35am - 10:55am

Member: \$37

Non Member: \$56

### Preschool Swim (2 - 3 years)

Songs, games, skills and water safety! The Preschool swim class is designed to begin working on stroke development. With two instructors at all times, the swimmers are constantly in motion, either working one-on-one or playing a group game!

Minimum 3 people to run class.

YMCA Pool

#### Fall 1 & 2 Session

Monday 5:30pm - 6:00pm

Monday 6:40pm - 7:10pm

Wednesday 6:05pm - 6:35pm

Wednesday 6:40pm - 7:10pm

Thursday 11:00am - 11:30am

Saturday 11:00am - 11:30am

Member: \$47

Non Member: \$71



## YOUTH PROGRAMS

### AQUATICS

Contact Erin Jewett, Aquatics Coordinator for more information at 906.227.9622 or email Erin at [ejewett@ymcamqt.org](mailto:ejewett@ymcamqt.org).



### Special Needs (4 - 13)

With a low ratio of one instructor for every two swimmers, this class is designed to give your child the best experience possible. Our instructors focus on getting swimmers acclimated to the water and basic stroke development.

Minimum 2 people to run class.

YMCA Pool

#### Fall 1 & 2 Session

Saturday 11:45am - 12:15pm

Member: \$52

Non Member: \$78

### Private Swim (3+)

If our group swim lessons don't fit into your schedule, we also have private lessons available. Swimmers work one-on-one with our instructors for seven thirty minute lessons, tailored to your request.

YMCA Pool

#### By Appointment

Member: \$106

Non Member: \$159

### Semi Private Swim (3+)

Similar to our private lessons, seven thirty minute lessons will be given to two swimmers (you must provide your own partner).

YMCA Pool

#### By Appointment

Member: \$54/person

Non Member: \$81/person

### School Age Swim Level 1 & 2 Polliwog & Guppy (6 - 13)

Introduction to water safety, continuing to work on stroke development and building endurance, Level 1 and 2 are a great start for school age children.

Minimum 3 people to run class.

YMCA Pool

#### Fall 1 & 2 Session

Monday 5:30pm - 6:15pm

Wednesday 6:20pm - 7:05pm

Saturday 10:00am - 10:45am

Member: \$52

Non Member: \$78

### School Age Swim Level 3 & 4 Minnow & Fish (6 - 13)

Students joining this class must be able to pass our swim test. Level 3 & 4 swim lessons focus on more advanced skills and getting ready for the swim team.

Minimum 3 people to run class.

YMCA Pool

#### Fall 1 & 2 Session

Monday 6:20pm - 7:05pm

Wednesday 5:30pm - 6:15pm

Saturday 10:50am - 11:35am

Member: \$52

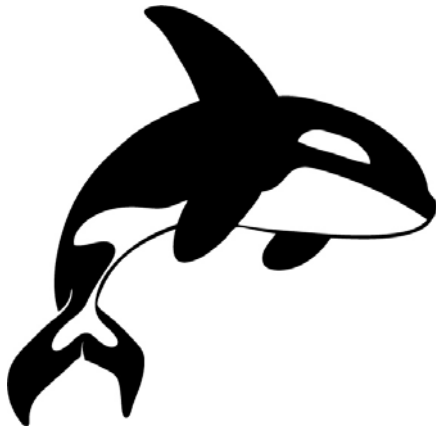
Non Member: \$78



## YOUTH PROGRAMS

### AQUATICS-COMPETITIVE SWIM TEAM

Contact Matthew Williams, Aquatics Leader for more information at 906.227.9622 or email Matthew at [mwilliams@ymcamqt.org](mailto:mwilliams@ymcamqt.org).



### Swim Team Evaluations & Meet the Coaches (6+)

This is a free opportunity for your child to visit the YMCA pool and be evaluated to determine if they are ready to join the swim team. Children are expected to be able to swim one length of freestyle using rotary breathing and one length of backstroke to be eligible for swim team participation. Coaches will be on hand to answer questions about our Killer Whales swim team and it's various programs.

Minimum 2 people to run class.

YMCA Pool

**Sept 6, 13, & 20**

Saturday 9am - 10am

Member: Free

Non Member: Free

### High School Preseason Strength & Swim Training (13+)

Preseason swim training for those athletes who want to prepare for their high school varsity season, but don't want to commit to a full season of competitive swim team. YMCA youth membership required.

MSHS & NMU Pools

**Sept 8 - Oct 27**

Mon - Fri

3:00pm - 5:00pm at MSHS Pool

Tues & Thurs

5:30pm - 7:00pm at NMU Pool

Member: \$285

### Swim Team Try Us Out Week (6+)

This program is an opportunity to swim with the Killer Whales for a few days and decide if the team program is right for your child.

Minimum 2 people to run class.

YMCA, NMU & MSHS Pools

**Sept 22 - 26**

- Ages 8 & Under, Tues & Thurs  
5:30pm - 6:15pm YMCA Pool
- Ages 9 and over, Tues & Thurs  
5:30pm - 6:30pm NMU Pool
- Ages 9 and over, Mon & Wed  
5:30pm - 6:30pm MSHS Pool

Member: \$15

Non Member: \$15

### Swim Team Future Stars (6-8)

This program is for past participants or children who have been evaluated and deemed ready for swim team by our coaching staff. Swimmers will develop foundation of the 4 core swimming strokes while improving physical condition in an environment that mixes games and practice. Optional competitive swim meets available. Each family must provide an adult volunteer for our Nov. 15 home swim meet. YMCA youth membership required.

Minimum 5 people to run class.

YMCA Pool

**September 22 - December 18**

Tues & Thurs 5:30pm - 6:15pm YMCA Pool

Member: \$225

Payable in 2 installments



## YOUTH PROGRAMS

### AQUATICS-COMPETITIVE SWIM TEAM

Contact Matthew Williams, Aquatics Leader for more information at 906.227.9622 or email Matthew at [mwilliams@ymcamqt.org](mailto:mwilliams@ymcamqt.org).



### Preseason Killer Whales (8+)

This is a preseason tune-up for those competitive swimmers who want to get a jump on the season. We will review and analyze stroke technique while getting swimmers back into training form. YMCA youth membership required.

Minimum 10 people to run class.

MSHS Pool

**Sept 8 - 19**

Open to Gold, Silver & Bronze Swimmers

Monday - Friday 3:30pm - 5pm

Member: \$25



### SWIM TEAM

#### Bronze, Silver & Gold (8+)

This is the YMCA Competitive Swim Team. Youth will develop into strong and competent swimmers, build self confidence, realize personal goals and make new friends. Competition is optional and has additional cost. All families must provide an adult volunteer for home swim meets Nov. 15 and March 7. Children must be YMCA members.

Minimum 3 people to run class.

MSHS & NMU Pools

**Sept 22 - March 14**

- Gold/Silver Group:  
Monday - Friday 3:30pm - 5pm at MSHS Pool

These are alternate Gold/Silver practices during Bronze times listed below

- Bronze Group:  
Mon, Wed, Fri 5:30 - 7pm at MSHS pool, Tues & Thurs 5:30pm - 7pm at NMU pool
- Strength Training  
Monday & Wednesday,  
5:15pm - 5:45pm at MSHS Pool

Member: \$390

Additional Children: \$350

Payable in 3 installments:

(at registration, Nov 5 & Dec 5)



# DISCOVER YOUR INNER STRENGTH



## YOUTH FITNESS

Contact Jenna Zdunek, Senior Health Innovations Leader for more information on Marquette Location at 906.227.9622 or jzdunek@ymcamqt. For information on Negaunee Location contact Rachel Berglund at 906.475.9666 or rberglund@ymcamqt.org.

### Youth Fitness Certification (12 - 16)

This hands-on program provides youth with the skills and knowledge to use the Wellness Center equipment safely. Once certification has been obtained, youth have the privilege of exercising in the Wellness Center without parental supervision. Minimum 2 people to run class.

YMCA of Marquette County or  
West End Location  
**MQT - Sept 9, 20, Oct 4, 18,  
Nov 1, 15, 29 Dec 6 OR 20**

**West End Sept 20, Oct 18, Nov 15, 29,  
Dec 6 OR 20**  
Saturday 10:00am - 11:30am  
Member: \$16  
Non Member: \$24

### After School Fit Club (8 - 14)

This program is designed to improve children's health and knowledge of fitness. Each day and week will have a different activity with new challenges and great physical activity. Minimum 2 people to run class.

YMCA of Marquette County or  
West End Location  
**Fall 1 & 2 Session  
Marquette -**  
Tuesday & Thursday 4:15pm - 5pm  
Member: \$35  
Non Member: \$53

**Fall 1 & 2 Session  
West End -**  
Tuesday & Thursday 4pm - 4:45pm  
Member: \$22  
Non Member: \$33

### Sport Conditioning & Pre-habilitation Clinic (13+)

Join us at the YMCA to increase speed, endurance, and overall conditioning in preparation for your seasonal sport. This program is geared toward any youth—middle school through highschool- who want to improve their fitness. This clinic will offer bodyweight sport specific movements as well as state of the art integrated training techniques in order to optimally prepare you for your upcoming sport season and reduce the potential for preventable injuries while actively in-season. Class being taught by Tyler LaPlaunt and Stephen Jessup. Minimum 5 people to run class.

YMCA of Marquette County Location  
**Fall 1 & 2 Session**  
Wednesday & Friday 4:00pm - 5:00pm  
Member: \$80  
Non Member: \$90



## YOUTH PROGRAMS

### KARATE

Contact Laura Murawski, Senior Program Development Leader for more information at 906.227.9622 or [lmurawski@ymcamqt.org](mailto:lmurawski@ymcamqt.org). For information on Negaunee Location contact Rachel Berglund at 906.475.9666 or [rberglund@ymcamqt.org](mailto:rberglund@ymcamqt.org).



### Karate Tots (3.5 - 5)

Minimum 4 people to run class.

Lakeview Arena Citizens Forum Room  
**Fall 1 & 2**  
Wednesday 9:00am - 9:45am  
Member: \$30  
Non Member: \$45

### Intermediate Karate - Yellow Belts, & Higher (6+)

Minimum 4 people to run class.

Lakeview Arena Citizens Forum Room  
**Fall 1 & 2**  
**Yellow Belts and Higher**  
Saturday 10:00am - 11:00am  
Member: \$40  
Non Member: \$60.

### Kids Karate - White Belts, & All Stripe Colors (6 - 14)

The Y is a great place for your child to learn, grow and have fun while learning the importance of discipline through our Martial Arts program.  
Minimum 4 people to run class.

Lakeview Arena Citizens Forum Room  
**Fall 1 & 2**  
**White Belts, All Stripe Colors**  
Wednesday 5:15pm - 6:15pm  
**All Ranks**  
Saturday 12:00pm - 1:00pm  
Member: \$40/one class  
Member: \$68/both classes  
Non Member: \$60/one class  
Non Member: \$102/both classes

### Family Karate (5+)

The Y is a great place for your child to learn, grow and have fun while learning the importance of discipline through our martial arts program. Prices includes 1 parent and 1 child, \$8 for each additional participant.  
Minimum 4 people to run class.

Lakeview Arena Citizens Forum Room  
**Fall 1 & 2**  
**All Ranks**  
Saturday 11:00am - 11:45am  
Member: \$35  
Non Member: \$53

### Kids Karate (6 - 14)

The Y is a great place for your child to learn, grow and have fun while learning the importance of discipline through our Martial Arts program.  
Minimum 4 people to run class.

Lakeview Arena Citizens Forum Room  
**Fall 1 & 2**  
**All Ranks**  
Thursday 6pm - 7pm  
Member: \$28  
Member: \$44



## YOUTH PROGRAMS

### DANCE & GYMNASTICS

Contact Laura Murawski, Senior Program Development Leader for more information at 906.227.9622 or [lmurawski@ymcamqt.org](mailto:lmurawski@ymcamqt.org). For information on Negaunee Location contact Rachel Berglund at 906.475.9666 or [rberglund@ymcamqt.org](mailto:rberglund@ymcamqt.org).



#### Cheer Clinic (4 - 8)

Shake your pom poms and learn a few cheers to encourage your favorite teams!

Minimum 2 people to run class.

West End Location

**One Day Only Sept 20, Oct 4 OR Nov 8**

Saturday 10:30am - 11:30am

Member: \$8

Non Member: \$12

#### Beginning Ballet (4 - 8)

This class gives you the foundation for what it means to dance ballet. You will learn all the basic steps with a taste of history in each class.

Minimum 4 people to run class.

Lakeview Arena Citizens Forum Room or  
West End Location

**Fall 1 & 2**

**MQT-** Monday 5:15pm - 6:00pm

Member: \$30

Non Member: \$45

**Fall 1 & 2**

**West End** - Saturday 11:45am - 12:20pm

Member: \$28

Non Member: \$42

#### Beginning Jazz (5 - 8)

Learn basic steps and combinations, increase physical coordination and have a blast in this course.

Minimum 3 people to run class.

West End Location

**Fall 1 & 2**

Saturday 5:15pm - 5:50pm

Member: \$28

Non Member: \$42

#### Beginning Ballet (4 - 8)

Minimum 4 people to run class.

Lakeview Arena Citizens Forum Room

**Fall 1 & 2**

Monday 5:15pm - 6:00pm

Member: \$30

Non Member: \$45

#### Ballet Level 1 (5 - 8)

Take dance education to the next level. This class will include a fun recital at the end with homemade costumes. Must have participated in a minimum of 1 session of dance.

Minimum 4 people to run class.

West End Location

**Fall 2**

Saturday 12:30pm - 1:15pm

Member: \$33

Non Member: \$46

#### Beginning Gymnastics (3 - 5)

The focus of this program will be on increasing basic motor skills, flexibility and bravery while learning the basics of gymnastics. Social skills are emphasized as well.

Minimum 3 people to run class.

West End Location

**Fall 1 & 2**

Wednesday 4:50pm - 5:20pm

Member: \$26

Non Member: \$38

#### Level 1 Gymnastics (4 - 6)

First level in a progressive program. Strength building, forward rolls, backward rolls, jumps, beam, and balance. Minimum 3 people to run class.

West End Location

**Fall 1 & 2**

Wednesday 5:30pm - 6:10pm

Member: \$26

Non Member: \$38

## YOUTH PROGRAMS

### TINY TOT

Contact Laura Murawski, Senior Program Development Leader for more information at 906.227.9622 or [lmurawski@ymcamqt.org](mailto:lmurawski@ymcamqt.org). For information on Negaunee Location contact Rachel Berglund at 906.475.9666 or [rberglund@ymcamqt.org](mailto:rberglund@ymcamqt.org).



### Tiny Tot Play Group (2 - 4)

Friends will enjoy the season change and meet new friends. We will learn new games, crafts and activities as well as enjoy some traditional favorites.

Minimum 4 people to run class.

YMCA of Marquette County - Kids Gym

Fall 1

Wednesday 2:00pm - 3:00pm

Member: \$24

Non Member: \$36

### Tiny Dancer - Jazz (2.5 - 4)

Stomp, step, shake and dance to rockin' rhythms. Your child will work on coordination and gross motor movement while boogieing to the beat and building social skills. Fun jazz movements will be covered by an experienced instructor.

Minimum 4 people to run class.

West End Location

Fall 1 & 2

Tuesday 4pm - 4:30pm

Member: \$26

Non Member: \$38

### Tiny Dancer - Ballet (2.5 - 4)

Learn to pile and pirouette. Your child will work on coordination and gross motor movement while building grace and poise along with social skills. Ballet movements will be covered by an experienced instructor.

Minimum 4 people to run class.

West End Location

Fall 1 & 2

Saturday 10:30am - 11am

Member: \$26

Non Member: \$38

### Tiny Dancer 2 - Jazz (2.5 - 4)

Child must have participated in at least one session of Tiny Dancer to take Tiny Dancer 2. This class will include more combinations and progress into more complex movements while continuing to foster good social relationships.

Minimum 4 people to run class.

West End Location

Fall 1 & 2

Tuesday 4:40pm - 5:10pm

Member: \$26

Non Member: \$38

### Tiny Dancer 2 - Ballet (2.5 - 4)

Child must have participated in at least one session of Tiny Dancer to take Tiny Dancer 2. This class will include more combinations and progress into more complex movements while continuing to foster good social relationships.

Minimum 3 people to run class.

West End Location

Fall 1 & 2

Saturday 11:10am - 11:40am

Member: \$26

Non Member: \$38

### Tiny Tot Art (3 - 5)

Join our professional art staff as we explore different mediums of art including sculpture, clay, painting, and drawing.

Minimum 4 people to run class.

West End Location

Fall 1 & 2

Wednesday 10am - 10:45am

Member: \$36

Non Member: \$53

## YOUTH PROGRAMS

### FLAG FOOTBALL

Contact Laura Murawski, Senior Program Development Leader for more information at 906.227.9622 or [lmurawski@ymcamqt.org](mailto:lmurawski@ymcamqt.org).



- No practice on October 11th
- Weather Policy: Football will cancel due to heavy rain, lighting and or thunder. Coaches will call the front desk at the YMCA of Marquette County to cancel practice. Parents will not be called, so please call the YMCA at 906.227.9622 to double check practice is still running.
- Refunds: If we have more than one rain day, we will either have a make up practice (depending on availability of the field) or participants will be issued a credit for that class.

### Flag Football - Rookies (4 - 6)

MAPS Practice Football Field  
Fall 1  
Saturday 9:00am - 9:45am  
Member: \$34  
Non Member: \$34

### Flag Football - Winners (7 - 12)

MAPS Practice Football Field  
Fall 1  
Saturday 10:00am - 11:00am  
Member: \$34  
Non Member: \$34

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## YOUTH PROGRAMS

### ART

For information on Negaunee Location contact Rachel Berglund at 906.475.9666 or email Rachel at [rberglund@ymcamqt.org](mailto:rberglund@ymcamqt.org).



### Drawing and Color Theory (4 - 6)

This is the most important class and is the prerequisite to most other art classes at the Y. Learn the lines of drawing, texture and shading as well as color theory and some beginning painting.

Minimum 3 people to run class.  
West End Location  
Fall 1  
Tuesday 4:30pm - 6:00pm  
Member: \$67  
Non Member: \$100



# ELEMENTARY SCHOOL PROGRAMS



## BEFORE AND AFTER SCHOOL PROGRAMS

For information on Before and After School programs contact Penny Barney at 906.227.9622 or email Penny at pbarney@ymcamqt.org.

The YMCA of Marquette County has been providing quality school age programs for the past 15 years. With an emphasis on caring, honesty, respect and responsibility, our school age programs are value driven and committed to providing a safe, supportive and fun environment for children. Your child does not stop learning when the bell rings, they just change teachers.

### Before and After School activities at your child's school may include:

- Arts & crafts activities
- Science & building activities
- Board games
- Team building/group games
- Team sports and active games
- Homework Time

### How to register

To enroll a child, parents must complete the registration forms required for state regulations. Parents are required to keep children's records up to date with changes in phone numbers, addresses, employers, etc.

Enrollment inquiries are received year around. Enrollment is on a first come, first serve basis. There are limits on the number of children who can be served. Sometimes a waiting list may be necessary. Parents are required to notify the YMCA of withdrawal so records can be adjusted accordingly.

Parents are required to provide a weekly schedule of attendance; this allows the YMCA to properly staff the program.

**Schedules are due Friday prior to the start of each week.**

### Birchview Elementary

Monday - Friday  
Before - 6:45am - 8:30am  
After - 3:45pm - 6:00pm  
Grades 1 - 5  
Day Rate \$3      Full Week \$15

### KI Sawyer

Monday - Friday  
Before - 7:00am - 8:30am  
After - 3:45pm - 6:00pm  
Grades K - 5  
Day Rate \$3      Full Week \$15

### Lakeview Elementary

Monday - Friday  
Before - 6:45am - 8:30am  
After - 3:45pm - 6:00pm  
Grades 1 - 5  
Day Rate \$3      Full Week \$15

### DAYS OFF/SNOW DAYS

School may be out, but the fun is just beginning! Our day camp programs are age-specific to ensure a fun and exciting experience for all of our campers. We foster an atmosphere that reflects our four character values: caring, honesty, respect and responsibility. Now you can have a stress-free holiday knowing that your kid is learning, growing and making friends at the Y.

### Winter Break Camp

December 26 - 30, 2014 & January 2, 2015

### Spring Break Camp

April 6, 2015 - April 10, 2015

Member: \$30/day/kid  
Non Member: \$45/day/kid

Hours: 7:30 am-5:30 pm (sorry, early dismissal days due to weather are not covered)

Locations: YMCA Child Development - Vandenberg

# GROW WITH ONE ANOTHER



## FAMILY PROGRAMS

For information on Negaunee Location contact Rachel Berglund at 906.475.9666 or email Rachel at rberglund@ymcamqt.org.

### Amazing Race - Costa Rica (10+)

Back and better than ever! This year we are going to Costa Rica. Sign up includes a tee shirt in week 3 and a chance to win prizes each week. Revised roadblocks will help motivate you to make and sustain healthy lifestyle changes.

Minimum 0 people to run class.  
YMCA of Marquette County and  
West End Location  
**October 6 - November 30**  
Varies  
Member: \$15

### Family Karate

This class will teach families the fundamentals of karate. Safety, character and self esteem will be addressed. Registration fee includes 1 adult and 2 children, there is a \$8 registration fee per additional child, up to 2 additional children can be added.

Minimum 3 people to run class.  
West End Location  
**Fall 1 & 2**  
Tuesday 6:00pm - 7:00pm  
Member: \$30  
Non Member \$45

### Parent and Infant Massage Clinic (6 weeks - 1 year)

Learn techniques for infant massage from a certified therapist and mom. Benefits include bonding, reduced colic, relaxation and improved digestion. Please bring a blanket for class.

Minimum 1 family to run class.  
West End Location  
**September 27**  
Saturday 9:30am - 10:30am  
Member: \$8  
Non Member \$12

### Family Yoga

This yoga class promotes and encourages the use of imagination, increases body awareness and develops social skills. It encourages adults in the family to engage in activity with the youth in a supportive and relaxed environment. Registration fee includes 1 adult and 2 children.

Minimum 2 families to run class.  
West End Location  
**Fall 1**  
Monday 5:30pm - 6:15pm  
Member: \$33  
Non Member \$42

### Parent and Tot Tumbling (1.5 - 3 year)

Parent or guardian will help their child learn basic motor skills, flexibility and bravery while learning the basics of gymnastics.

Minimum 3 people to run class.  
West End Location  
**Fall 1 & 2**  
Wednesday 4:00pm - 4:40pm  
Member: \$24  
Non Member \$36





# STRIVE FOR YOUR BEST



## ADULT HEALTHY LIFESTYLE PROGRAMS

Contact Jenna Zdunek, Senior Health Innovations Leader or Christina Bennett, Chronic Disease Leader for more information at 906.227.9622 or [jzdunek@ymcamqt.org](mailto:jzdunek@ymcamqt.org) or [cbennett@ymcamqt.org](mailto:cbennett@ymcamqt.org). For information on Negau-

### Adult Agility Training

Stay healthy, challenge yourself, and test your limits. This class will cover total body fitness – won't be geared specially toward one sport. It will combine agility training, strength and cardio.

Minimum 5 people to run class.

YMCA of Marquette County

#### Fall 1 & 2 Session

Monday 10:00am - 11:00am

Member: \$39

Non Member: \$49

### Adult Square Dancing

Minimum 4 people to run class.

YMCA of Marquette County

#### Fall 1 & 2 Session

Monday 6:00pm - 7:00pm

Member: \$24 per couple

Non Member: \$36 per couple

### Women's Strength Training

If you're looking for a fun way to get in shape, you've come to the right place. Enjoy the outdoors, good company and a program designed to put the fun into fitness with a combination of endurance, strength and flexibility.

Minimum 5 people to run class.

YMCA West End Location

#### Fall 1 & 2 Session

Wednesday 1:00pm - 2:00pm

Member: \$39

Non Member: \$49

### Adult Karate

Minimum 3 people to run class.

YMCA of Marquette County Location

#### Fall 1 Session

Wednesday 6:00am - 7:00am

Member: \$26

Non Member: \$39

### Gluten Free Grocery Shopping with RD Monica Nelson

Learn to navigate food labels for gluten free living and how to incorporate these foods into your meal plans.

Minimum 3 people to run class.

Will meet at Econo Foods in Marquette

#### Sept 13, Oct 11 Or Nov 8

Saturday 2:00pm - 4:00pm

Member: \$35

Non Member: \$45

### Nutritious Grocery Shopping on a Budget with RD Monica Nelson

Find nutrient dense food to feed you and your family while watching your budget.

Minimum 3 people to run class.

Will meet at Econo Foods in Marquette

#### Sept 27, Oct 25 Or Nov 15

Saturday 2:00pm - 4:00pm

Member: \$35

Non Member: \$45

## ADULT HEALTHY LIFESTYLE PROGRAMS

Contact Jenna Zdunek, Senior Health Innovations Leader or Christina Bennett, Chronic Disease Leader for more information at 906.227.9622 or [jzdunek@ymcamqt.org](mailto:jzdunek@ymcamqt.org) or [cbennett@ymcamqt.org](mailto:cbennett@ymcamqt.org). For information on Negaunee location, contact Rachel Berglund at 906.475.9666 or [rberglund@ymcamqt.org](mailto:rberglund@ymcamqt.org).



### Private Road/Mountain Bike Instruction

Bike training can be made specific to road, mountain or both. Intervals, hills, tempo, pace lines, trail riding technique Each session the participant will get a weekly strength training workout which we will go over in the first part of class and they will get a cardio workout – we will go over one of the workouts with the remaining time. Can begin individually or in a group.

YMCA of Marquette County  
**Fall 1 Session**  
We work with your schedule  
Member: \$65  
Non Member: \$75

### R.A.D. Program (14+) (Rape, Aggression and Defense)

Basic physical defense course (9 hours ), class will be taught by Carole Touchinski. Carole is a black belt in martial arts of Soo Bahk Do and she is an internationally certified instructors. She as has been trained in counseling and advocating for victims of sexual assault.

YMCA of Marquette County  
**October 4, 11 & 18**  
Saturday 1:15pm - 4:15pm  
Member: \$54  
Non Member: \$81

### Enhance Fitness

A group class for seniors with certified Enhance Fitness leader Rachel Berglund that follows evidence based curriculum geared towards decreasing likelihood of falls, maintaining bone and muscle mass and building relationships. Minimum 5 people to run class.

YMCA West End Location  
**Fall 1 & 2 Session**  
Monday & Wednesday 10:00am - 11:00am  
Member: FREE  
Non Member: \$30

### BLOOM

A special wellness program for moms who are 6 weeks to 1 year postpartum. Minimum 5 people to run class.

YMCA West End Location  
**Sept 15 - Oct 20**  
Monday 6:00pm - 7:30pm  
**Must call MGH to register 225.3221**  
Member: \$50  
Non Member: \$50

### Yoga for the Back

This program helps to strengthen muscles that are weakened and stretch muscles that are tight in individuals whom summer from chronic back pain. Minimum 5 people to run class.

YMCA West End Location  
**Fall 2 Session**  
Monday 5:15pm - 6:15pm  
Member: \$33  
Non Member: \$42

### Adult Couple Dance Workshop (Swing, Ballroom, Latin & Square)

Grab your partner and come on out! Learn a new dance form in a fun and non-competitive environment. Minimum 3 people to run class.

YMCA West End Location  
**Sept 11, Oct 2, Nov 6 OR Dec 4**  
Thursday 7:15pm - 8:30pm  
Member: \$8 per class or \$24 for all  
Non Member: \$12 per class or \$36 for all

### Belly Dancing

Get an amazing core workout, learn a new dance form and get fit at the same time. Minimum 3 people to run class.

YMCA West End Location  
**Fall 1 & 2**  
Saturday 9:30am - 10:15am  
Member: \$28  
Non Member: \$42

## ADULT HEALTHY LIFESTYLE PROGRAMS

Contact Jenna Zdunek, Senior Health Innovations Leader or Christina Bennett, Chronic Disease Leader for more information at 906.227.9622 or [jzdunek@ymcamqt.org](mailto:jzdunek@ymcamqt.org) or [cbennett@ymcamqt.org](mailto:cbennett@ymcamqt.org). For information on Negaunee location, contact Rachel Berglund at 906.475.9666 or [rberglund@ymcamqt.org](mailto:rberglund@ymcamqt.org).



### Small Group Personal Training

These sessions offers an affordable option to kick start your workouts or learn something new with a personal trainer! Small group size will maximize your results.

Minimum 3 people to run class.

YMCA West End Location

**Fall 1 & 2**

Tuesday 6:00pm - 7:00pm

Member: \$33

Non Member: \$50

### My Metabolism

Frustrated with yo-yo dieting? Want some help to plan for holiday eating? Let registered dietician Monica Nelson teach you the truth about metabolism and how it affects your weight status and overall wellness. Class will also include optional strength training education at no additional cost.

Minimum 3 people to run class.

YMCA West End Location

**Fall 2**

Tuesday 6:00pm - 7:00pm

Member: \$44

Non Member: \$66

### LIVESTRONG AT THE YMCA

LIVESTRONG at the YMCA is a FREE twelve-week, small group program designed for adult cancer survivors. This program fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life or their "new normal".

**For more information or to register contact Christina Bennett at 906.227.9622.**

FREE | Members and Non Members

### Freedom From Smoking

Designed by the American Lung Association, Freedom from Smoking is a 7-week course focusing on a variety of evidence-based cessation practices delivered in a small group setting.

Instruction includes lectures, group discussions and skills practice. There are 8 sessions during the 7 weeks, each session lasts an average of 1 hour. The first 3 weeks focus on preparing to quit, then weeks 4-8 focus on support and staying smoke free.

**For more information or to register contact Christina Bennett at 227.9622.**



YMCA of Marquette County Location

**September 10 - October 22**

**OR October 29 - December 17**

Wednesday 6:30pm - 7:30pm

Member: \$50

Non Member: \$75

## BIG REWARDS SMALL STEPS

### Diabetes Prevention Program

YMCA of Marquette County

### A LOT CAN HAPPEN IN ONE YEAR

What can you accomplish in one year? You can make a change for life and improve your health. Did you know that losing a modest amount of weight and increasing your physical activity could help you prevent or delay type 2 diabetes? Learn how the **YMCA'S Diabetes Prevention Program** can help you reach your healthy living goals.

YMCA MEMBERSHIP NOT REQUIRED

To see if you qualify or for information about program fees and financial assistance, contact:

Jenna Zdunek, Health Innovations Leader  
906.227.9622 or [jzdunek@ymcamqt.org](mailto:jzdunek@ymcamqt.org)

# PHYSICIAN SERVICES



## Dr. Melanie Purres, Board Certified in Family Medicine

Assisting you in navigating a healthier lifestyle and helping you gain a broader understanding and mindfulness for choices to support personal values and wellbeing

### What we offer

- Identify and prioritize goals.
- Explore barriers that may be preventing you from being your best.
- Develop a plan of action.
- Identify and connect with appropriate resources and options.
- Ultimately, achieve your health goals and maintain optimal health.

### Make an appointment

Schedule with Nate, Matt, Jenna or Steffani. Monday through Friday, and usually one Saturday a month; other times may be available by request.

### What can I expect for my appointment?

Prior to your appointment please write down anything you think will be useful. You may wish to think about how you would like your health to be different six months from now.

Bring all medicines and supplements that you take – with the labels.

Bring your insurance and a photo identification; your co-pay will be due at the appointment.

First visit you may spend approximately an hour with the physician in private reviewing your current situation identifying some goals and reasonable priorities.

All Personal Health Information is private and protected. It is accessible only by the physician and those designated as involved in your care; additional information of privacy practices are provided at the time of your visit.

## FAQ

### Is the visit covered by Insurance?

- We do bill your insurance; you are responsible for your co-pay
- You are responsible for your applicable deductible. If the insurance claim is denied, you will be responsible for the fee.

### I don't have insurance. Can I still see the doctor?

Yes. Fees may be paid by cash or credit card.

### Do I have to give up my usual primary doctor?

No. We encourage you to maintain care with your current physicians. We have the luxury of time and onsite resources that may not be available with your usual provider. We are happy to work with your usual providers as part of your health care team.

### What sort of things can you help with?

- Improved general health and well being
- Improved physical and mental fitness
- Nutrition/improved dietary habits and food choices
- Better understanding, coordination and management for any existing medical issues
- Prediabetes management
- Diabetes management
- Smoking cessation
- Cancer survivorship
- Medication review and education
- Creating of a personalized medical history and record

### Do you treat chronic pain?

We do not prescribe any prescription pain medicines. However, we can assist with identifying appropriate interventions which may be beneficial.



# DISCOVER WELLNESS



## ADULT/OLDER ADULT WELLNESS PROGRAMS

How do you define wellness? Whatever your goals, the Y is ready to support you on your journey toward improved health

PLEASE CONSULT YOUR PHYSICIAN BEFORE STARTING AN EXERCISE PROGRAM.

### Fitness Orientation

We offer a complimentary fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment.

You can schedule an appointment by talking with our Front Desk staff.

FREE | Members only

### Body Composition Assessment

Consultation includes body fat and lean muscle weight analysis using calipers with complete assessment report and exercise recommendations. Please wear loose fitting clothing as we'll need to access the thigh and abdominal areas (and chest for men). Women are asked to wear a sports bra. Tests will be conducted in private.

Please sign up for Body Composition with our Front Desk.

Member: \$12

Non Member: \$17

## OUR GOAL IS TO HELP YOU REACH YOURS

### 90 Day Wellness Coaching Program

Our 90 day Wellness Coaching is available for all members to help you pursue your goals of a healthier lifestyle for you and your family. The goal of this program is to help you obtain your goals by identifying your personal fitness needs.

You can schedule an appointment by talking with Matt Deal.

FREE | Members only

### Fitness Evaluation

Our trained staff will test aerobic fitness levels, body composition, muscular strength and endurance along with your flexibility. Required for all personal training packages

Please sign up for a Fitness Evaluation with our Front Desk.

Member: \$45

Non Member: \$60



The 90 Day Wellness Coaching is FREE with membership! To schedule an appointment, speak to a representative at the Front Desk.

## Personal Training

Looking for greater results or need additional motivation? A certified YMCA Personal Trainer can coach you to new levels of fitness. Please sign up for Personal Training by stopping at the front desk or calling 906.227.9622. All personal training sessions must be paid in advance and sessions are 30 minutes, (1) hour or (1.5) hours long. Cancellation Policy: We ask that you provide at least 24 hours notice for cancellations. Those who provide less than 24 hours notice will be charged for their session.



## Specialized Fitness Package

The first session (1 hour) of the package includes a fitness evaluation. The second session is a training session using your goals and evaluation results (1.5 hours). Together, they help ensure exercises are being performed effectively and will keep you progressing towards meeting your goals.

**Member: \$99**  
**Non Member: \$136**

## Specialized Fitness Package Plus

Receive two hours with our Registered Dietician.

**Member: \$179**

## Group Training

Gather a group of 3, 4 or 5 of your friends or co-workers and workout with a personal wellness trainer as a group. You choose the day, time and trainer.

**Member: \$60/group**

## Semi-Private

Would you like to train with a friend, small group, or family members? We now offer semi-private personal training for individuals of similar fitness abilities. If you have a group who would like to exercise together, a trainer will develop a specialized workout; be prepared to be challenged!

### Member:

1 hour sessions	5	10
	\$104	\$175

### Non Member:

1 hour sessions	5	10
	\$149	\$249

## One-on-One Training

Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals,

### Member:

1/2 hour sessions	1	5	10
	\$21	\$89	\$175

1 hour sessions	1	5	10
	\$39	\$179	\$349

### Member:

2 times a week for one month (8 sessions)  
\$275 per month

3 times a week for one month (12 sessions)  
\$389 per month

### Non Member:

1 hour sessions	1	5	10
	\$52	\$240	\$449

# Registered Dietician Services



Meet with our registered dietitian to obtain your nutritional goals. Private and semi-private (2-3 people) consultations are offered. Sessions are 30, 60, 90 or 120 minutes in length and will set you up with an individualized meal plan. Calorie needs will be determined as well as carbohydrate, fat and protein. All nutritional needs can be addressed from diabetes to heart health. This is a great way to start a weight loss plan! For those looking for a complete nutritional makeover - our dietitian will accompany you to the grocery store for a hands-on educational experience.

## Nutrition Counseling

This includes review of current lifestyle, medical history, estimation of energy needs, evaluation of current medications and supplements and food log review. With focus on your specific health and wellness goal(s) your RD will help create a nutrition plan to help you meet these goals.

Comprehensive Nutrition Assessment (90 minutes)

**Member: \$45**

**Non Member: \$55**

Semi-Private (90-120 minutes)

**Member: \$30 per person**

**Non Member: \$40 per person**

## Nutrition Package 1

This package includes 3 session along with a comprehensive nutrition assessment with two additional follow-up nutrition sessions.

**Member: \$75**

**Non Member: \$100**

Semi-Private

**Member: \$60 per person**

**Non Member: \$80 per person**

## Food Analysis

Includes review of 3-5 days worth of food intake followed by nutrition recommendations based on your wellness goals. (45-60 minutes)

**Member: \$25**

**Non Member: \$35**

Semi-Private

**Member: \$15 per person**

**Non Member: \$20 per person**

## Nutrition Follow Up

Analysis and review of the current status regarding your individual health and wellness goal(s) with feedback and adjustment of nutrition plan as appropriate. (30-45 minutes)

**Member: \$20**

**Non Member: \$25**

Semi-Private (45-60 minutes)

**Member: \$15 per person**

**Non Member: \$20 per person**

## Nutrition Package 2

This package includes 5 session along with a comprehensive nutrition assessment with four additional follow-up nutrition sessions.

**Member: \$110**

**Non Member: \$140**

Semi-Private

**Member: \$90 per person**

**Non Member: \$120 per person**

## Family Food Analysis

Includes the same as the individual food analysis for all members in the family, followed by specific age/gender nutrition recommendations to help meet your family's wellness goals (60 minutes).

**Member \$40**

**Non Member \$60**

# Group Exercise Classes

All Adult Exercise Classes and Adult Aqua Classes are FREE for YMCA members and run year round!



Group Fitness and Aqua Exercise schedules are available at the front desk, or online at [ymcamqt.org](http://ymcamqt.org).

## **AOA – AQUA AEROBICS or MODIFIED WATER AEROBICS** – 60 minute

Aqua aerobics is a low impact aerobic conditioning, resistance training and flexibility class; no swimming is required. Modified version is a slower pace.

## **\*\*BEGINNING SPIN** – 45 minute

This indoor cycling class is tailored for participants at Beginning and Intermediate levels.

## **FUNCTIONAL PILATES** – 50 or 60 minute

Increases core stability and improves flexibility and balance. Stability ball & weights may be used.

## **LES MILLS BODYATTACK** – 60 minute

This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. No matter what your fitness level, you'll get fit.

## **LES MILLS BODYCOMBAT** – 60 minute

Strike, punch, kick and kata your way through calories to superior cardio fitness. BODYCOMBAT is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai.

## **LES MILLS BODYFLOW** –

60 minute or 30 minute express  
Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music creates a holistic workout.

## **LES MILLS BODYPUMP** – 60 minute

BodyPump uses THE REP EFFECT™, a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

## **LES MILLS CXWORX** – 30 minute

Based on cutting-edge scientific research, this program is the ultimate way to get a tight, toned core and improved functional strength for balance, mobility and injury prevention. It's dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body.

## **LES MILLS RPM** – 50 minute

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

## **AOA – STAND OR SIT AND BE FIT** – 45 minute

This class is designed as a total body conditioning class using equipment that you can stand or sit as needed for all levels and is geared towards the older population to encourage fitness, fun and friends!

### Group Exercise Key

\*\* – Classes available in West End

AOA – Classes are great for Active Older Adults



- Classes are high intensity



# Group Exercise Classes

All Adult Exercise Classes and Adult Aqua Classes are FREE for YMCA members and run year round!



Group Fitness and Aqua Exercise schedules are available at the front desk, or online at [ymcamqt.org](http://ymcamqt.org).

**\*\*SPIN or SPIN & CORE** – 40, 45 or 60 minute  
This indoor cycling class is tailored for all levels with segments of hill climbs, jumps, flat roads, sprints or intervals with music. Some classes include 15-20 minutes of “core” work using pilates, floor, balls, or weights.

**\*STRENGTH CIRCUIT** – 60 minute  
Strength training is an important aspect of overall well being. Get a great total body workout while increasing muscular strength and endurance.


**STEP or STEP INTERVAL**–  
30, 45 or 60 minute class  
Take a step toward complete fitness by stepping up, down, and around an adjustable step bench. The 60 minute class includes muscle conditioning with weights, bands, discs or tubing.

**\*STRONG BODIES** – 60 minute  
This class is weightlifting to music for a total body workout. You will be utilizing a barbell with adjustable weights; great for men and women.

**\*Yogalates** – 30 minute  
This class combines moves from Yoga and Pilates for the perfect combination of toning, flexibility and stress reduction.

**AOA - YOGA and CHAIR YOGA** – 60 minute  
Various styles of yoga that focus on breathing and posture along with a series of poses to restore the body to a more healthful state. Gentle yoga is a slower pace. Chair Yoga allows participants a slower pace and help with a chair for stability and seated options for easier options, which is great for older populations.


**\*\* AOA - Zumba Gold**– 45-60 minute class  
A fusion of Latin American and international dance. Routines feature aerobic and interval training that tone and sculpt. Zumba Gold is low impact Zumba easier on joints and slower in pace.

 **ZUMBA** – 60 minute class  
A fusion of Latin and International music and dance themes. Routines feature aerobic and interval training with a combination of fast and slow rhythms that tone & sculpt.

## Group Exercise Key

**\*\*** – Classes available in West End

**AOA** – Classes are great for Active Older Adults

 – Classes are high intensity