

# GALION COMMUNITY CENTER YMCA

## PHASE TWO

June 8th —August 30th

Beginning Monday, June 8th, in Phase Two we will offer classes to members of the Galion YMCA. The family locker room is open for members, as well as showers. The adult locker rooms are open to members to change, showers are not yet available in those areas. The hot tub and saunas continue to be CLOSED at this time.

### SESSION I DATES

June 8—July 18

### SESSION II DATES

July 20—August 29

CLOSED July 4th in observance of federal holiday.

Registration takes place the last week of classes.  
The first three days of registration are reserved for members only.

### HOURS OF OPERATION

Monday through Thursday	5:30 am - 7:30 pm
Friday	5:30 am - 6:00 pm
Saturday	7:00 am - 12:00 pm

### LAP SWIM

Mon, Wed, Fri	6:00 am - 8:00 am
Mon, Wed, Fri	11:45 am - 1:30 pm
Tuesday & Thursday	6:00 am - 8:45 am
Tuesday & Thursday	11:00 am - 1:00 pm
Monday—Thursday	5:00 pm - 7:00 pm

### SILVERSPLASH®

You don't need to know how to swim in this invigorating SilverSneakers class, SilverSplash. A SilverSneakers kickboard is used for stability and balance in the water. If you have arthritis or other joint conditions you'll find the water comforting and the non-impact workout stimulating. **FREE** to members!

Tuesday & Thursday	8:45 am - 9:30 am
Tuesday & Thursday	9:30 am—10:15 am

### AQUATIC & LAND FITNESS FEES

1 day/week: \$12.50.00 Member/\$23.00 Non member

2 days/week: \$23.00 Member/\$44.00 Non member

3 days/week: \$33.50.00 Member/\$65.00.00 Non member

Flex Card: \$44.00 Member/\$72.00 Non member

*\*Flex Card holders can attend unlimited numbers of land or water fitness classes per session.*

### SILVERSNEAKERS® I

#### Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. **FREE** to Members!

Tuesday & Thursday	10:00 am - 10:45 am
Tuesday & Thursday	10:45 - 11:30

## **AQUATIC:**

### **ARTHRITIS EXERCISE**

This class is designed for those who have arthritis or other physical handicaps. Class revolves around 68 warm water exercises to help reduce joint pain and stiffness while strengthening the muscles surrounding the joints.

Monday, Wednesday, Friday 11:00– 11:45 am

### **AQUA JOG & STEP**

This is a high intensity aerobic workout that can be a great cross training fitness class, or a class by itself. Class is fast moving and upbeat; it strengthens, tones and massages your body by using the water for resistance. Available to everyone.

Monday, Wednesday, Friday 9:30 – 10:15 am

### **SWIMNASTICS**

This water workout is low intensity. It is designed to use water as resistance to help tone and strengthen muscles.

Monday, Wednesday, Friday 10:15 – 11:00 am

### **WATER AEROBICS**

A high intensity class designed to tone and strengthen muscles. Very fast-paced using water belts and water resistance providing an excellent cardio-vascular workout.

Saturday 7:15—8:00 am

### **WATER WALK**

Keep firm and trim as you work and tone legs, thighs, hips and stomach. Arm exercises will be added to give you a full body workout. A great cross training, or as a class by itself.

Monday, Wednesday, Friday 8:00 – 8:45 am

Monday, Wednesday, Friday 8:45 – 9:30 am

## **LAND:**

### **BOOT CAMP**

This class is packed full of fun, fitness, and fellowship. If we are not running and jumping we are doing push-ups and squats. Don't let the name scare you, you can work at YOUR fitness level.

Saturday 8:00 – 9:00 am

### **NEW U** (Class size is limited)

NOT cardio; uses dumbbells to tone and firm muscles.

Monday & Wednesday 6:15 – 7:15pm

### **CARDIO STRENGTH MIX**

This one hour class consists of thirty minutes of cardio workout and thirty minutes of strength training.

Monday & Wednesday 5:15 – 6:15 pm

### **SPIN CLASS**

Spinning is a specific format of indoor cycling that is a cardio workout set to music.

Tuesday & Thursday 5:15 – 6:00 pm

Tuesday, Wednesday, Thursday 5:30 – 6:15 am

### **POUND CLASS**

Using lightly weighted rip sticks, this class combines a mix of cardio and strength training.

Monday 6:15 – 7:15 pm

Tuesday & Thursday 10:30 – 11:30 am

Saturday 9:30 – 10:30 am

### **YOGA**

These challenging yoga classes offer a combination of Hatha & Flow Yoga. Please bring your yoga mat.

Monday, Wednesday, Friday 9:00 – 10:00 am

\*VIRTUAL—Galion YMCA Yoga Facebook Page

Tuesday & Thursday 6:16—7:15 pm

Saturday 9:30—10:30 am