



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVING HEALTHIER INSIDE & OUT

FITNESS PROGRAMS
September 8–November 26, 2019
YMCA CAMP CAMPBELL

HEALTH & WELLNESS MEMBERSHIP

A health and wellness membership at YMCA Camp Campbell gives you unlimited access to our pool during regular hours and unlimited access to our group fitness programs that we offer at no additional cost. We're always available to assist you in reaching your personal health and fitness goals.

AQUA AEROBICS

If you are looking for a fun, low-impact workout, come try Aqua Aerobics. Using the water's resistance, you can tone and shape your core, arms, and legs all in one workout. This dynamic workout is perfect for all fitness levels.

DAY Tuesday/Thursday
TIME 9:00 – 10:00 am

AQUA ZUMBA®

This invigorating water class combines the popularity and benefits of Zumba® with traditional aquatic exercise disciplines. This is a high-intensity, low-impact workout.

DAY Monday/Wednesday
TIME 9:00 – 9:45 am

COMMUNITY SWIM

HOURS

Monday – Thursday 7:30 – 11:00 am
2:30 – 6:00 pm

Sunday 1:00 – 5:00 pm
Slide from 1:00 – 3:00 pm

- **Flick n Float on September 14, 6:00 pm – 9:00 pm**
- Half of pool will be used for aquatic programs
- Children 12 and younger must take a swim check.
- All slide riders must pass the swim check and be at least 48 inches tall.
- No fitness classes on Labor Day

WELLNESS PROGRAMS

ENHANCE®FITNESS

This low-impact class includes exercises designed to help improve balance, flexibility, bone density, endurance, coordination, mobility, and self-confidence.

DAY

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

TAI CHI

This self-paced system of gentle physical exercise and stretching features a series of postures that flow into the next without pause, ensuring your body is in constant motion.

DAY

Tuesday	8:00 am – 9:00 am
Sunday	8:00 am – 9:00 am

ZUMBA®

Enjoy a high-intensity workout that fuses Latin and International music with workout dance themes into a dynamic, exciting atmosphere.

DAY

Monday/Wednesday	4:30 – 5:30 pm
Tuesday/Thursday	4:00 – 5:00 pm

INSANITY™

This high-intensity, total body workout features interval-style exercises with short periods of rest and uses your body weight as resistance to build strength.

DAY

Tuesday/Thursday	12:00 – 12:30 pm
------------------	------------------

DAILY FEE

Adult and 1 st Child (3–17*)	\$10
Each Additional Child	\$8
Punch Card	\$70

Daily fee includes drop-in for community wellness programs.

* Children under 36 months are free

MEMBERSHIP PASS

	Monthly Fee*
Adult and 1 st Child	\$60
Each Additional Adult	\$35
Each Additional Child	\$15

* Purchase 9 months in one transaction and receive a 15% discount.

[Financial Assistance Available](#)

