



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# LIVING HEALTHIER INSIDE & OUT

**FITNESS PROGRAMS**  
**Dec. 2, 2019 – Feb. 28, 2020**  
**YMCA CAMP CAMPBELL**



## DAILY FEE

Adult	\$10
Punch card (8 uses)	\$70

Daily fee includes drop-in for community wellness programs.

## MEMBERSHIP PASS

	Monthly Fee
Adult	\$35
Each additional adult	\$15

## 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/TIME

Mon 9:00 – 10:00 am	Wed 9:00 – 10:00 am
Fri 9:00 – 10:00 am	

### 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/TIME

Tue 12:00 – 12:30 pm	Thur 12:00 – 12:30 pm
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### ZUMBA®

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

#### DAY/TIME

Tue 4:00 – 5:00 pm	Thur 4:00 – 5:00 pm
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### 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 that your body is in constant motion.

#### DAY/TIME

Tue 8:00 – 9:00 am
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### YOGA **NEW**

Improve strength, flexibility and alignment by learning basic yoga poses, breathing and relaxation techniques. Appropriate for beginners and older adults.

#### DAY/TIME

Wed 5:00 – 6:00 pm
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