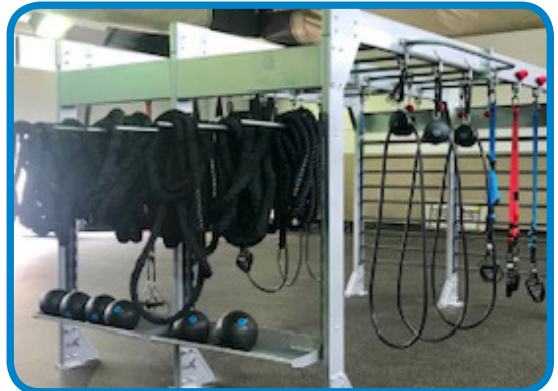
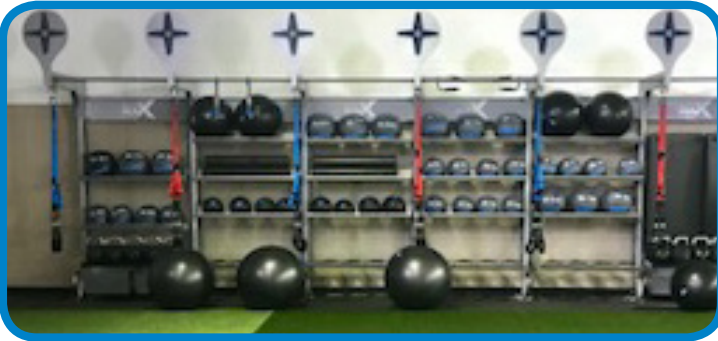


“GET TO KNOW” THE FAMILY ACTIVITY CENTER

Whether you are nine or ninety, we know that we will have a program or experience that will help you to attain your fitness and wellness goals.

We have intentionally designed our new Family Activity Center as a functional wellness space that maximizes our members’ ability to interact with each other through a wide-array of fitness challenges, group exercise classes, and personal training. At the Y, we firmly believe that going it alone is nowhere near as powerful and lasting as working together.



Class Descriptions

- All Levels Page 2
- Beginner Page 2
- Intermediate Page 3
- Advanced Page 4

“Get to Know” the new Family Activity Center with small group training based on your fitness level utilizing our new equipment. We’re offering a one time FREE 30 minute introductory class with our Personal Training Staff. Sign up in the Trainer’s office for the day and time that works best for you.

We’re also offering exciting new programs in the Family Activity Center. Sign up for our Summer Sampler Classes.

Functional fitness exercises train your muscles to help you with everyday activities safely and effectively. Classes that develop your strength and endurance as well as improving balance, flexibility and core strength. Try something new being offered in the Family Activity Center at introductory rates.

Registration Required

ALL LEVELS

FUNCTIONALLY FIT AND FAB (All Levels)

Challenge and motivate your body using various equipment as well as body weight exercises.

TU 7:00-7:50AM June 25 - July 16

TH 9:00-9:50AM June 27 - July 18

Annual Member **\$16.00**



BEGINNER

FOCUSED STRENGTH (Beginner)

Having trouble with your upper body strength? The upper body controls your ability to perform everyday activities such as reaching, pulling pushing and lifting. It will also improve your flexibility , mobility and range of motion.

M 9:00-9:30AM

Annual Member **\$16.00** July 22 - August 12

THE INTIMIDATOR (Ultimate Beginner)

Intimidated by traditional fitness? Can’t tell the difference between a slamball or a medicine ball? This class is designed for the naysayer, the doubter, the beginner; come join us and transform the way we do fitness! This class is only for the beginner.

F 2:30-3:00PM June 28 - July 19

M 9:30-10:00AM July 22 - August 12

Annual Member **\$16.00**

SUSPENSION TRAINING (Beginner/Intermediate)

Use straps to improve your strength, endurance, balance, and coordination. Suspension training gives an edge over conventional strength training.

M 6:45-7:35PM June 24 - July 15
W 7:00-7:50PM June 26 - July 17
F 9:00-9:50AM June 28 - July 19

Annual Member **\$16.00**

INTERMEDIATE

CIRCUIT TRAINING (Intermediate)

A full body workout, incorporating circuits, H.I.I.T. and Tabata Cycles.

M 6:00-6:45AM June 24 - July 15
W 6:00-6:45AM June 26 - July 17

Annual Member **\$16.00**

CORE-MAX (Intermediate)

Work your core to the max with aqua fit bags and body weight exercises. These super tough bags are filled with air and water. Activate muscles, with the unstable weight, that almost never becomes activated in a weight room.

M 5:00-5:45PM June 24 - July 15
F 5:00-5:45PM June 28 - July 19

Annual Member **\$16.00**

KICK CROSS JAB (Beginner/Intermediate)

Kickboxing class combining kicks, punches and power moves of varying intensity for cardio and strength. Bring your own gloves.

M 6:45-7:35PM July 22 - August 12
F 9:00-9:50AM July 26 - August 16

Annual Member **\$16.00**

**Building
a
Better
Us...**



**Questions regarding programs in the Family Activity Center
Contact: Elsa DiMiele, Healthy Living Coordinator,
732 341 9622 ext 2236 or edimiele@ocymca.org**



HEALTH & AQUATIC FITNESS

ADVANCED

OH SLAM (Advanced)

Snag a sand filled sphere ball or med ball adding resistance and unstable platform to familiar movements as well as some explosive movements to keep things spicy.

TU 7:00-7:50AM July 23 - August 13

TH 9:00-9:50AM July 25 - August 15

Annual Member **\$16.00**

FEEL THE RUSH (Advanced)

This class will test your max-effort by challenging you with small explosive intervals with quick rest periods incorporating, sprints, agility, sleds and more.

M 5:00-5:45PM July 22 - August 12

F 5:00-5:45PM July 26 - August 16

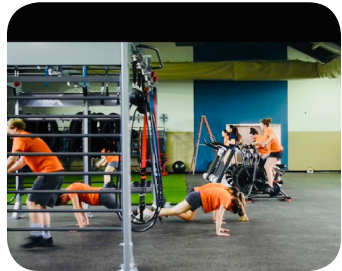
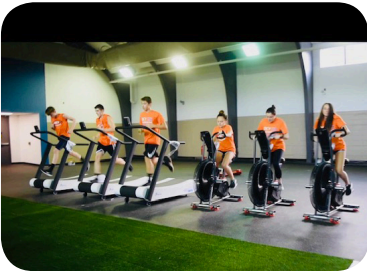
Annual Member **\$16.00**

BATTLE ROPE BOOTCAMP (Advanced)

Revamp your workout regimen with battle ropes and countless exercises to help increase upper body strength.

W 7:00-7:50PM July 24 - August 14

Annual Member **\$16.00**



ONLINE REGISTRATION
IS AVAILABLE AT [OCYMCA.ORG](https://www.ocymca.org)

•High heat temperature may require us to
cancel some classes.