

M – Member
PM – Program Member
Must enroll monthly.

HEALTHY LIVING

Improving the nation's health and well being.



WATER FITNESS

Water Aerobics Schedule					
#	Class	Times	Days	Fee	Instructor
Morning Classes					
7102	Water Aerobics Combo	6:00 – 6:45 am - N	MWF	Free to Members	Hailey
7103	Water Aerobics	8:00 – 9:00 am - S	MWF	Free to Members	Robyn/Karen
7104	Water Aerobics	8:00 – 9:00 am - S	TTH	Free to Members	Jeanette
7105	Water Walking	10:00 – 11:00 am - S	MWF	Free to Members	Cheryl
7106	Water Wellness	10:15 – 11:00 am - N	TTH	Free to Members	Laura
Afternoon Classes					
7126	Water Yoga	12:30 – 1:10 pm - N	MW	Free to Members	Rita
7127	Water Wellness	12:30 – 1:15 pm - N	TTH	Free to Members	Laura
7128	Water Wellness	1:15 – 2:00 pm - N	MWF	Free to Members	Regina
7129	Water Aerobics	2:05 – 3:05 pm - S	MWF	Free to Members	Pam
Evening Classes					
7151	Water Aerobics	5:30 – 6:30 pm - S	MW	Free to Members	Kim M
7152	Aqua Zumba®	5:30 – 6:30 pm - S	TTH	Free to Members	Akemi
7153	Water Aerobics Combo	6:00 – 7:00 pm - N	MW	Free to Members	Pam

Personal Training

Private Personal Training

\$35 – 1 hour session YMCA Member
 \$150 – 5 sessions YMCA Member

Semi Private Personal Training

Great opportunity to workout with a partner. You must sign up together.

\$ 50 – 1 hour session/\$25 per Member
 \$200 – 5 – one hour sessions

All training sessions must be paid in full prior to participation in this program.

BODY COMPOSITION – a certified trainer performs the body composition test. Body Fat Analyzer will be used to give your total percentage of fat and BMI (Body Mass Index).

Fee is \$12 M/\$24 PM

Contact: Michelle Horn
 Healthy Lifestyles Associate
 (541)440-9622 ext. 210



YMCA OffSite
Umpqua Community Center
Low impact Aerobics
 T/TH 8:45-9:45 am \$2.50/class
Yoga Class
 Wed. 6:00 – 7:00 pm

Diabetes Prevention Program
 16 week program that will begin Mid February 2012.
 Watch for flyers in YMCA Lobby.

Water Wellness – An exercise class for the physically limited, designed to help gain strength, flexibility and endurance.

Water Aerobics – A shallow water workout for the swimmer or non-swimmer. Great for endurance, muscular strength, and flexibility.

Water Walking – A workout in the shallow water with minimal stress on joints. Swimmers and non-swimmers will enjoy this class.

Water Aerobics Combo – A workout combining deep and shallow water workouts. Optional exercise equipment will be available.

Aqua Zumba® – Get your Latin dance moves going in this awesome water fitness class. Great overall workout with lots of fun for everyone.

Water Yoga – Beginning to intermediate participants. Stretch and relax.

Group Personal Training GET THAT EXTRA PUSH THAT A PERSONAL TRAINER CAN PROVIDE.

Men and Women.
Burn Fat/Build Muscle.
An intense workout for 6 weeks.

Two days a week
with a personal trainer.

Bring your enthusiasm and your friends. Let us help you burn the fat and build muscles.

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Teens (ages 13 – 15) Weight Room Orientations

Sign up at Membership office.

Children under the age of 13 are **NOT ALLOWED** in the cardiovascular or weight room area without an orientation.