



FULTON FAMILY YMCA

# GYMNASIUM SCHEDULE

JULY 2018

## MONDAY

- 5:00am-9:15am Open Gym
  - \*9:30am-10:15am \$ Kids Club
  - 10:30am-11:15am Tai Chi
  - 11:30am-1:30pm \$ Camp Tennis *NEW!*
  - 2:00pm-3:30pm \$ Camp Gym / Open Gym
  - 3:30pm-5:15pm Open Gym
  - 5:15pm-6:15pm Total Body Workout *NEW!*
  - 6:30pm-7:30pm Zumba®
  - 7:45pm-9:00pm Open Gym
- \*Soccer Camp July 16th 9:15am-10:15am

## TUESDAY

- 5:00am-9:00am Open Gym
- 9:15am-10:15am Zumba Tone Gold *NEW!*
- 10:15am-11:00am Forever Fit Gold
- 11:30am-12:15pm \$ Kindercamp 7/9-7/12
- 12:15pm-2:00pm Open Gym
- 2:00pm-3:30pm \$ Camp Gym / Open Gym
- 3:30pm-6:00pm Open Gym
- 6:00pm-6:30pm \$ Tiny Tots Karate
- 6:30pm-7:30pm \$ Novice & Advanced Karate
- 7:45pm-9:00pm Open Gym/\$ Rental

## WEDNESDAY

- 5:15am-6:00am Total Body Fitness
  - 6:15am-9:00am Open Gym
  - 9:15am-10:15am Zumba Tone Gold
  - 10:30am-11:15am Tai Chi
  - 11:30am-12:15pm \$ Kindercamp 7/9-7/12
  - 12:30am-1:30pm Open Gym
  - 2:00pm-3:30pm \$ Camp Gym / Open Gym
  - 3:30pm-5:15pm Open Gym
  - 5:15pm-6:15pm Total Body Workout *NEW!*
  - 6:30pm-7:30pm Zumba®
  - 7:45pm-9:00pm Open Gym/\$ Rental
- \*Wednesday, July 4th we will be closed

## THURSDAY

- 5:00am-9:00am Open Gym
- 9:15am-10:00am \$ OCO/OI Zumba Gold®
- 10:15am-11:00am Forever Fit Gold
- 11:30am-12:15pm \$ Kindercamp 7/9-7/12
- 12:30am-2:00pm Open Gym
- 2:00pm-3:30pm \$ Camp Gym / Open Gym
- 3:30pm-5:45pm Open Gym
- 6:00pm-6:30pm \$ Tiny Tots Karate
- 6:30pm-7:30pm \$ Novice & Advanced Karate

## FRIDAY

- 5:15am-9:00am Open Gym
- 9:15am-10:15am \$ Y-FIT *NEW!*
- 10:30am-11:30pm \$ Fall Sport Prep Training *NEW*
- 11:30am-2:00pm Open Gym
- 2:00pm-3:30pm \$ Camp Gym / Open Gym
- 3:30pm-7:00pm Open Gym/\*\$ Gym Rental

## SATURDAY

- 7:00am-8:15am Open Gym
- 8:30am-9:30am Zumba®
- 9:45am-12:00pm Open Gym
- 12:00am-1:00pm \$ Party Rental/Open Gym
- 1:00pm-3:00pm Open Gym

## SUNDAY

- 8:00am-12:00pm Open Gym



\*\* PUNCH CARD 12 CLASSES FOR \$60.00  
\$ PAID PROGRAM-PREREGISTER

**INTENSITY LEVELS:** ▲ Low Intensity ■ Low/Medium ◆ Medium/High ● High

Some classes can be adjusted to a lower intensity. \*\*PUNCH CARD CLASSES \$ PAID PROGRAM-PREREGISTER

▲ **Silver Sneakers Classic:** Silver Sneakers Classic offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health. Classes are designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance. This class is not just for Silver Sneaker Participants, members are encouraged to participate.

**Tai Chi:** Join Debbie Drake for Tai Chi, often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because tai chi is a low impact exercise, it may be especially suitable if you're an older adult who otherwise may not exercise.

**Tai Chair Yoga Fusion:** This modified seated version of Tai Chi can be enjoyed by anyone wishing to practice Tai Chi sitting down. People with almost any chronic condition can learn to improve their health and mobility. This safe easy-to-learn program relieves pain and improves health and quality of life.

■ **Forever Fit Gold:** This class will offer a light cardio warm up, followed by a strength portion that will meet the needs of every fitness level. The last segment will focus on core strength and balance. We have created this class to offer a beginner/intermediate weights program for those who want to tone and stay healthy and fit!

**Zumba Tone Gold:** Gold targets the largest growing segment of the population: baby boomers. Gold also fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Modified moves and pacing to suit the needs of the active older participant.

◆ **Total Body Workout:** A fun, high energy, total body workout using weights and muscle specific exercises. This class will incorporate cardio, plyometric, and exercises to strengthen, improve balance and engage the entire core. Each class day will use a different discipline; kettle bells, free weights, stability ball or weighted bar.

**Zumba®:** Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements.

● **\$ Y-Fit:** Our cutting edge \*high intensity fitness program that combines compound lifts, weight training and endurance into one routine. You will shed body fat and increase your energy, speed and metabolism.

## Y-FIT JV Ages 11-16

Learning how to properly use free weight equipment is an important step in developing your personalized fitness plan. In a one-on-one or group setting, our certified staff will guide ages 10-16 year olds through exercises focused on form and technique. In addition to strength training, cardio-agility training will focus on speed and performance.

3 Sessions: \$60.00 member/ \$70.00 non-member  
 6 Sessions: \$110.00 member/ \$120.00 non-member  
 9 Sessions: \$165.00 member/ \$175.00 non-member  
 \*Group Rates are also available \$20 per person  
 \*Non-refundable

## FALL SPORTS PREP TRAINING

### Grades 9th-12th

Showing each athlete exactly where they need to safely and effectively start their strength and athleticism journey and how to progress with maximum gains in flexibility, balance, coordination, agility, quickness, crisp directional change, endurance, strength, power, and explosiveness.

Monday, Wednesday and Friday 10:30am-11:30am

July 23rd-August 10th

Member Rate: \$75 / Non member: \$145

## Soccer Skills Camp

Monday, July 18th and Monday, August 13th

Soccer skills taught include kicking, passing, dribbling, shooting, fun age appropriate games and activities!  
 Instructor: Serena Draper

<b>Ages 5-8</b>	<b>Ages 2-4</b>
9:15am-10:00am	10:30am-11:00am

\*Fulton Family Members FREE!/ Non-member \$10.00

## SHORIN RYU KARATE

Tiny Tots will learn preliminary fundamentals of the practice. Novice and Advanced are offered to instruct students in self defense, kata and sparring techniques.

SENSEI: Suzanne Summerville - Black Belt

TINY TOTS 4-6 yrs	BEGINNER 7+	ADVANCED
M \$38 /month	M \$40/month	M \$45/month
NM \$47/month	NM \$52/month	NM \$57/month

\* NO FOOD, DRINKS OR TOBACCO PRODUCTS ALLOWED IN THE GYMNASIUM