

Northern Dauphin County Branch YMCA



FITNESS CLASSES

(Ages 13 & older)

ADULT FITNESS

Tuesday & Thursdays 9:00 – 10:00 am

CHAIR AEROBICS

Tuesdays & Thursdays 10:00 – 11:00 am

MIX IT UP BOOT CAMP

Tuesdays 6:15 – 7:00 pm

YOGA FIT

Tuesdays 7:00 – 7:30 pm

CARDIO CIRCUIT MIX

Thursdays 6:15 – 7:00 pm

AEROBIC STEP/BODY SCULPT

Thursday 7:00 – 8:00 pm

AEROBIC STEP

Saturdays 9:00 – 10:00 am

ZUMBA

Tuesdays 7:00 – 8:00 pm

Saturdays 10:00 – 11:00 am

OFF-SITE LOW IMPACT AEROBICS

Monday & Thursdays 6:30 – 7:30 pm

WEIGHT WATCHERS*

Wednesdays 10:00 – 11:00 am

(Weigh-in at 9:30 am)

DROP 10 IN 10*

Tuesdays 6:30 – 7:30 pm

ADULT SPORTS

(Ages 16 & older)

VOLLEYBALL

Fridays 6:00 – 8:00 pm

BASKETBALL

Mondays and Thursdays 8:00 – 10:00 pm

YOUTH CLASSES

TEEN NIGHTS* (Grades 6 – 8)

Every other Friday – 8:00 – 10:00 pm

YOUTH NIGHTS* (Grades 3 – 5)

Every other Friday – 8:00 – 10:00 pm

HEALTHY TEENS (FREE program for ages 12 – 18)

Tuesdays & Thursdays 5 – 6 pm

TUMBLING* (Ages 3 – 5)

Monday 6 – 6:45 pm OR 6:45 – 7:30 pm

Thursday 10 – 10:45 am

Saturday 10 – 10:45 am

MOM & TOT* (2 year olds)

Thursday 10:45 – 11:30 am

BEGINNER GYMNASTICS* (Ages 5 – 10)

Saturday 10:45 – 11:30 OR 11:30 – 12:15 pm

* Small fees apply to the class.

Please contact the Front Desk to register.

AQUATIC CLASSES

(Ages 13 & older)

AQUA STEPS / AQUACIZE COMBO*

Monday & Thursdays 7:30 – 8:15 pm

Tuesday & Thursdays 9:45 – 10:30 am

ARTHRITIS FOUNDATION YMCA AQUATIC PROGRAM*

Mon/Wed/Fri 10:00 – 10:45 am

AQUATOTS* (Ages 6 months – 3)

Saturdays 10:00 – 10:30 am

Y SKIPPERS* (Ages 3 – 5)

Mon/Tues/Wed/Thurs 6:45 – 7:15 pm

PROGRESSIVE* (Ages 6 – 12)

Mon/Tues/Wed/Thurs 6:45 – 7:30 pm

Classes
Schedule

2010 Session dates:

December 7 – January 9

January 11 – February 13

February 15 – March 20

March 22 – April 24

April 26 – May 29

May 31 – July 3

July 5 – August 7

August 9 – September 11

September 13 – October 16

October 18 – November 20

November 22 – December 18

For more information regarding each class call Chelstan Anderson at **362-9494**. Thank you!