



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS PROGRAMS

UPDATED MARCH 5TH, 2012

WALNUT CREEK YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>These programs require registration at the Front Desk and are offered at an additional cost.</p> <p>For additional information, pick up a program flyer for the specific program you are interested in.</p> <p>Each class has a minimum registration, as noted on the reverse, required for the class to be held. If the minimum is not reached, you will be notified and all attempts will be made to get you registered for another class time, or a credit will be put on your account for the next session.</p> <p>NO CLASS on Labor Day, September 5th, Monday classes will be made up later within the session.</p> <p>Questions? Contact Rachel Kelderman for more information: 515-244-9901 ext. 251 rachel.kelderman@wncymca.org</p>	Body Boot Camp 5:15 AM Rachel	Body Boot Camp 5:15 AM Kristina	Body Boot Camp 5:15 AM Kristina	Body Boot Camp 5:15 AM Allyson	Body Boot Camp 5:15 AM Kristina	Weekend Extreme 6:15 AM Kristina		
	Body Blast 8:30 AM Mary	Body Blast 8:30 AM Susie Kettlebell 8:30 AM Greg	Body Blast 8:30 AM Mary	Body Blast 8:30 AM Susie	Body Blast 8:30 AM Allyson	Tae Kwon Do 8:30 AM All Colored Belts		
		TRX Express 9:00 AM Deb				TRX Express 9:00 AM Deb	Integrated Defense Tactics 9:30 AM Greg	
	Strolling & Toning 10:00 Cathy Kettlebell 10:15 AM Mary	TRX 10:15 AM Susie	Strolling & Toning 10:00 Cathy Tri Clinic 10:15 AM Herb	Kettlebell 10:00 AM Greg	Strolling & Toning 10:00 Cathy			
	TRX 12:15 PM Mary		TRX 12:15 PM Mary					
	TRX 1:00 PM Deb		TRX 1:00 PM Deb					
			TRX Express 4:00 PM Deb	Kettlebell 4:00 PM Deb				
		Tae Kwon Do 5:45 PM White & Low Orange Belts		Tae Kwon Do 5:45 PM White Belts & Low Orange				TRX 5:00 PM Susie
	Boot Camp 6:00 PM Seth	Boot Camp 6:00 PM Cathy	Boot Camp 6:00 PM Caryn	Boot Camp 6:00 PM Cathy				Boot Camp 6:00 PM (Varies)
	Tae Kwon Do 6:30 PM All Colored Belts	Tae Kwon Do 6:30 PM High Orange to High Blue Belts	Triathlon Training 6:30 PM Jim	Tae Kwon Do 6:30 PM High Orange to High Blue Belts				
		Tae Kwon Do 7:30 PM Brown & Black Belts	Integrated Defense Tactics 7:30 PM	Tae Kwon Do 7:30 PM Brown & Black Belts				

Boot Camp: This 5-week class will include strength training, and cardio. The class will focus on exercise intensity and consistency. This is a great class to change your workout routine, add some intensity, increase muscular strength, and even shed a few pounds in the process. Minimum of 8 participants

SESSION: Spring Session 1: March 26th – April 29th, 2012
Spring Session 2: April 30th – June 3rd, 2012

FEE: \$132 for YMCA member (\$88.00 evening class) \$264 for Program members (\$176.00 evening class)

Integrated Defense Tactics: No previous martial arts training is required. For ages 10 years and older unless previous training in martial arts. Integrated Defense Tactics will include many different styles of martial arts, not limited to one style or system. You will be taught to use the best and most efficient techniques to develop self defense skills. It will encompass all situations from standing, going to the ground, and dealing with such attacks as punches, grabs, kicks, and/or weapons. Minimum of 10 participants

SESSION: February 8th – April 28th, 2012

FEE: \$75 for YMCA Members \$125 Non-members \$55 for YMCA Tae Kwon Do participants

Kettlebell: This class will teach you the fundamental skills that you need to use your kettlebells safely and effectively. We will teach a variety of skills that will keep your workouts challenging and exciting. We will leave you healthier, stronger, self-motivated, and self-sufficient on your workouts. Minimum of 4 participants

SESSION: Spring Session 1: March 26th – April 29th, 2012
Spring Session 2: April 30th – June 3rd, 2012

FEE: \$75 YMCA Members \$150 Program Members

Personal Training: Get a personalized workout that is designed for you at a time that is convenient for you. If you need that extra boost and want something very specific, this is the option for you. Contact Rachel Kelderman at 244-9901 ext. 251 or rachel.kelderman@dmyca.org to get more information regarding sessions with our Certified Personal Trainers.

Strolling & Toning: Are you interested in participating in a fitness program you can do with your baby or young children and getting to workout outside? Join one of our own new moms for Strolling and Toning on the bike trails surrounding Walnut Creek Y. Your workout will include power walking with intervals of strength and body toning exercises.

Session: Spring Session 1: March 26th – April 29th, 2012
Spring Session 2: April 30th – June 3rd, 2012

Fee: \$30 YMCA Members \$60 Program Members

Tae Kwon Do: A modern day sport to learn techniques, forms, and sparring for self-defense purposes. It is not only excellent exercise, but also teaches integrity, perseverance, and self-control. Great for the whole family. Participants ages 6 years and older.

SESSION: March 13th – May 19th, 2012

FEE: White Belts: \$35 for YMCA Members, \$70 for Program Member
Colored Belts: \$55 YMCA Members, \$110 Program Member, \$140 YMCA Family

Tri Clinic: This is a 15 week Clinic that will help you maintain over the winter between triathlons. You will meet with the triathlon coaches for a variety of workouts to keep you excited and coming back for more. Classes will offer you a full variety of workouts to keep you challenged throughout the off-season. Minimum of 10 participants

SESSION DATES: February 1st – May 16th, 2012

FEE: \$200 YMCA Members, \$300 Program Member

TRX: Join our TRX® trained, Certified Personal Trainers in this Total Resistance exercise class. Participant number is limited to 4 participants to ensure that each individual receives the one-on-one attention they deserve. Classes are 45 minutes and focus on proper suspension training technique while engaging the total body in an effective workout. Minimum of 3 participants

SESSION: Spring Session 1: March 26th – April 29th, 2012
Spring Session 2: April 30th – June 3rd, 2012

Fee: \$75 YMCA Members,

TRX Express: Ready for the next TRX challenge? Join our trainers in this fast paced high energy 30 minute class! Participant number is limited to 4 participants to ensure that each individual receives the one-on-one attention they deserve. Minimum of 3 participants

SESSION: Spring Session 1: March 26th – April 29th, 2012
Spring Session 2: April 30th – June 3rd, 2012

Fee: \$50 YMCA Members

Weekend Extreme: Jump start your weekend with a fast paced, high intensity conditioning class. Our certified personal trainer will put you through the paces to ensure you get a high caloric burn. you just need that extra intensity in your weekly routine, this is the class for you!

SESSION: Spring Session 1: March 26th – April 29th, 2012
Spring Session 2: April 30th – June 3rd, 2012

Fee: \$25 YMCA Members, \$50 Program Member (Drop in Fee: \$7.00/class)