

Winter 1 Session: Jan. 9-Feb. 19

Health and Wellness

You asked, we answered! Newly revised group exercise schedule based on YOUR feedback.

***Free group exercise classes are now first come first serve-no longer taking registrations, show up early to get a spot.**

	Mon	Tues	Wed	Thurs	Fri	Sat
Les Mills Body Pump	7:00pm	12:00pm 6:00pm	7:00pm	12:00pm 6:00pm	6:00pm	7:15am
Zumba	6:00pm	7:00pm	6:00pm			
Zumba Gold	8:00am		8:00am			
Yoga		6:00pm		6:00pm		8:30am
Pilates				7:00pm		
Indoor Cycling	5:30am	5:30am	5:30am	5:15am		
TBC		7:00pm		7:00pm		
Stability Ball/ Pilates		8:00am				
Instructors Choice	5:30am					

FREE Wellness Coaching: A YMCA membership includes up to five personal Wellness Coaching sessions with a Wellness Professional. Sign up at the Welcome Center.

Personal Training and Team Training: We offer personal training with a nationally certified personal trainer. Sign up for one-on-one training or do team training with a friend! We will personalize a workout tailored to your goals.



Youth Sports and Activities

Rhythm and Movement: now offering a variety of dance classes.

Monday Classes

Hip Hop/Breakdancing	grades 6-8	4:00pm
Hip Hop Dance	grades 3-5	5:00pm
Jazz/Cheerleading	grades 2-4	5:00pm
Tap/Jazz/Ballet Combo	grades K-1	6:00pm
Advanced Combo	grades 2-4	7:00pm
Broadway/Theatrical	grades 3-5	7:45pm

Wednesday Classes

Lyrical/Modern/Jazz	grades 6-8	4:00pm
Parent/Tot Music in Motion	ages 2-3	5:00pm
Tap/Jazz/Ballet Combo	ages 3-5	6:00pm
Modern, Cardio Salsa & Jazz Conditioning	high school-Adult	7:00pm

Parents Night Out: Let your school-aged children play at the YMCA from 5:30pm-8:30pm while you enjoy an evening out on the town December 16, January 20, February 17, and March 16.

Holiday Fun Camp: Enjoy a fun day at the YMCA on NO SCHOOL days. Drop off begins at 7:00am with pick up as late as 5:00pm. Dates are: December 23, and December 26-December 30.

Spring Soccer- Grades preschool - 8, kids will be split into five divisions according to grade. This 5 week season begins March 31.

Aquatics

With the latest and greatest classes offered in the aquatic realm, you'll be assured a good workout while enjoying the company of friends.

	Mon.	Tues.	Wed.	Thurs.	Fri.
Aqua Zumba		9:00am		9:00am	
Hi-LO	9:00am		9:00am		
H ₂ O Challenge		10:00am 6:15pm	5:30am	6:15pm	8:00am
Water Walk-n-Tone					9:00am
* Water Volleyball				8:00am	

*Drop in volleyball FREE to members!

Swim Lessons

Tuesday/Thursday

Saturday

Preschool

Parent-Tot	5:00-5:30pm	8:30-9:00am
Pike/Eels	5:30-6:00pm	9:00-9:30am
Rays/Starfish	5:30-6:00pm	9:00-9:30am
<u>Youth</u>		
Polliwog/Guppy	5:30-6:15pm	9:45-10:30am
Minnow	5:30-6:15pm	9:45-10:30am
Advanced Stroke	5:30-6:15pm	

Adult Swim Lessons	Saturday	8:15-9:00am
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We also offer one-on-one and small group Private and Semi-Private Swim Lessons. Classes are arranged around your schedule.

Free Family Events at the YMCA

Open to the Community!

Breakfast w/ Santa	Saturday, December 17 9:00am-11:00am
New Year's Eve @ Noon	Saturday, December 31 10:00am-1:00pm

Senior Programs

Y Euchre Club: Come join us each Tuesday afternoon from 12:30-3:30pm for fun and fellowship over a good game of euchre.
Potluck: The first Tuesday of every month the YMCA hosts a potluck at 11:30am in the multi-purpose room. Bring your favorite dish and enjoy socializing with others.

Facility Rentals

Need a place to hold a birthday party, family reunion, school graduation party...? Contact the YMCA about renting the Multi-Purpose room, Community Center or Park Shelter.

Training

Red Cross CPR Classes at the Maquoketa Community Center:
January 31 6:30pm-10:00pm

**"WEAPONS OF MASS REDUCTION"
Jackson County Weight Loss Challenge
Beginning January 5, 2012
Sign Up Today!**

All exercise classes **FREE** to members and non-members during our **Holiday Mini Session!**
Stop by and try a class!
December 19-January 8
Pick up a schedule at the Welcome Center.

FREE!