

The YMCA provides a variety of group exercise opportunities.  
All free to YMCA members.

## Y Pilates

Pilates is a great way to firm and tone, de-stress, and rejuvenates your spirit, mind and body. Non-impact techniques make for a class anyone can benefit from!

**Days/Times:** Tues, 5:30 – 6:30 pm; Thurs 5:30 – 6:30 pm  
**Fee:** Y Members FREE                      Non-Members \$10

### Two Classes:

#### Totally Tone

Tone up by using several methods of strength training.

**Days/Times:** Tues and Thurs 9:30 – 10:15 am  
**Fee:** Y Members FREE                      Non-Members \$10

#### Hard “Core”

All core, all the time. Spend a half hour of your morning hour strengthening the body’s powerhouse, your core. All levels and all abilities welcomed.

**Days/Times:** Tues and Thurs 10:15 – 10:45 am  
**Fee:** Y Members FREE                      Non-Members \$10

*Note: These two classes are scheduled “back-to-back” so that people can either take them separately or together.*

**New!**

### Rise and Shine Aerobics!

By popular demand! New early morning fitness class added! Ideal for working people needing a time for fitness before going to work or others who like an workout. 45 minutes of cardio & weights will get your blood pumping.

**Days/Times:** Mon & Wed 6:30 am - 7:15 am  
**Fee:** Y Members FREE                      Non-Members \$10  
**Starts:** January 25

[www.gtbayymca.org](http://www.gtbayymca.org)

## Boot Camp

Get a fast-paced workout with no two classes alike.

**Days/Time:**  
Mon, Wed, Fri, Noon-1:00pm,  
Mon. Wed, 9:30-10:30am & Fri 10:00 - 11:00 am  
**Fee:** YMCA Members FREE, Non-members \$10

## C.S.I.

Cardio, Strength, Intervals. This class puts it all together in one strong hour.

**Days/Times:** Mon & Wed 9:30 – 10:30 am  
**Fee:** Y Members FREE                      Non-Members \$10

## Total Body Conditioning (TBC)

Increase the heart rate while sculpting those muscles. This one-hour class combines strength training and aerobics to give you a workout worth talking about.

**Days/Times:** Mon & Wed 5:30 – 6:30 pm  
**Fee:** Y Members FREE                      Non-Members \$10

*See page 12 for information on our drop-in Child Watch program which allows you to work out while we watch your kids at our licensed facility.*

