

OROKAWA FAMILY CENTER Y

HEALTH & WELL-BEING

SPRING 2: 04/28/14 - 06/22/14

(7 week session with 8th week reserved for make-ups, if needed)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45-6:45am BODYPUMP-G	5:40-6:55am Cycle & Core-CS	5:45-6:45am BODYPUMP-G	5:40-6:55am Cycle & Core-CS		
	8:15-9:15am Yoga Level 2-AS		8:30-9:30am Cardio Dance-G		6:30-7:00am Cardio & Strength Super Sets- AS	7:45-8:45am Pilates-AS
	8:30-9:30am Cardio Dance-G	9:30-10:30am Cardio Blast-G	9:30-10:45am Yoga Level 2-AS	9:15-10:15am BODYPUMP-G	8:30-9:30am Cardio Dance-G	
9:00-10:15am Yoga Level 3/4-AS	9:35-10:50am Step & Strong-AS	9:30-10:15am Cycle-CS	9:35-10:25am Body Sculpt-G	9:30-10:15am Cycle-CS	9:30-10:45am Yoga Level 3/4-AS	9:00-10:00am Zumba-AS
	9:35-10:25am Body Sculpt-G	11:30-1:00pm Yoga Level 3/4-AS	9:35-10:50am Step & Strong-G	10:30-11:00am CXWorX-G	9:35-10:35am Body Sculpt-G	
10:30-11:30am Pilates- AS	10:35-11:20am Cycle-CS		10:35-11:20am Cycle-CS			10:00-10:45am Cycle-CS
	12:00-12:45pm BODYPUMP-G	5:00-5:45pm Core Conditioning- G	11:45-12:45pm Pilates-AS	12:00-1:00pm Yoga Level 1/2-AS	12:00-1:00pm Yoga Level 3/4-AS	
3:30-4:30pm Yoga Level 3/4-AS	12:00-1:00pm Yoga Level 1/2-AS	5:00-6:00pm Boot Camp-AS	5:15-6:15pm Cycle-CS	5:00-5:45pm Core Conditioning- G	4:45-5:45pm Yoga (Family)-AS	4:00-5:00pm Yoga Level 3/4-AS
4:00-5:00pm Cycle-CS	1:00-1:30pm CXWorX-G	6:15-7:15pm Yogalates-AS	5:15-6:15pm BODYPUMP-G	5:15-6:00pm Pilates-AS	6:00-7:00pm Zumba-AS	
5:00-6:00pm Yoga Level 1/2-AS		6:00-7:00pm Body Sculpt-G	7:00-8:00pm Y Fitness Challenge-G	6:00-7:00pm Body Sculpt-G		G = Gym AS = Aerobics Studio CS = Cycle Studio WC = Wellness Center
	5:15-6:15pm Pilates-AS	7:10-7:55pm Cycle-CS	6:25-6:55pm CXWorX-G	6:15-7:15pm Yoga Level 3/4-AS		
	6:30-7:30pm Yoga Level 3/4-AS	7:30-8:30pm Zumba-AS	6:00-6:45pm Healthy Back- AS	7:10-7:55pm Cycle-CS		
	6:30-7:30pm Cycle-CS		6:30-7:15pm Cycle-CS	7:30-8:30pm Zumba-AS		
			7:00-8:00pm Yoga Level 1/2-AS			

Health & well-being Program Fees

MEMBER ONLY-FREE CLASSES*

Program No.	Class Name
02178	BODYPUMP
02176	Body Sculpt
02151	Cardio Blast
02185	Cardio Dance
02189	Zumba
02182	Core Conditioning
02158	CXWorX
02167	Cycle
02242	Healthy Back
02236	Pilates
02161	Step & Strong
02231	Yoga
02229	Yogalates
02152	Boot Camp

Fee Based Open Programs

Program No.	Class Name	Member Rate	Youth Rate	Open Rate
02287	Cardio & Strength Super Sets	\$70	\$85	\$140
02287	Cardio & Strength Super Sets Walk-In	\$20		

*Free programs are reserved for members only. If you would like to participate in these programs, please inquire about our membership options.

Personal Training

This program is led by a certified Personal Trainer. Personal training is designed around your needs and your schedule. Must purchase in packages. Non-member rates are doubled.

Pkg	1 Hour Rate	30 Min. Rate
1 Session	\$65	N/A
3 Sessions	\$189	\$117
6 Sessions	\$366	\$227
12 Sessions	\$708	\$442
18 Sessions	\$1,026	\$645
25 Sessions	\$1,375	\$870

Register online at ymaryland.org