

# HILL FAMILY CENTER Y

# HEALTH & WELL-BEING

## Spring II: 4/28/14 - 6/22/14

(7 week session with 8<sup>th</sup> week reserved for make-ups)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 – 6:50am Cycle (02) CS <b>Maggie</b>	5:45-6:45am *BODYPUMP (02) PR <b>Kathleen</b>	6:00-6:50am Cycle (02) CS <b>Christina K.</b>	5:45-6:45am *BODYPUMP (08) PR <b>Kathleen</b>	6:00-6:50am Cycle (02) CS <b>Angela</b>	7:45-8:45am *BODYPUMP (05) PR <b>Kathleen</b>
	8:45-9:45am *Yoga (07) S Level ¾ <b>Kathy D.</b>	6:00-6:50am Body Sculpt (04) S <b>Christina K.</b>		6:00-6:50am Body Sculpt (04) S <b>Pam</b>	9:15-10:00am Cycle (11) CS <b>Krishna</b>	
	9:00-9:50am Cycle (03) CS <b>Patty</b>	6:00-6:50am Cycle (02) CS <b>Angela/Laura</b>	8:00-9:00am Senior Circuit (02) WC <b>Patty</b>		9:15-9:45am Zumba Express (05)S <b>Renee</b>	8:00-9:00am *Cycle (13) CS <b>Rotating</b>
9:30-10:30am *Cycle (12 ) CS <b>Denise</b>	9:15-10:15am *BODYPUMP (06) PR <b>Tina</b>	8:30-9:00am Cycle Express (04) CS <b>Lauri</b>			9:15-10:15am *BODYPUMP (03) PR <b>Tina</b>	8:30-9:30am *Yoga (14) S Level 2 <b>Kathy D.</b>
9:15-10:45am *Yoga (06) S Level 3/4 <b>Kathy D.</b>	9:55-10:25am Core Conditioning (01) S <b>Patty</b>	9:10-10:10am *Pilates (01) S <b>Lauri</b>	9:00-9:50am Cycle (03) CS <b>Lauri</b>	9:10-10:10am *Pilates (02) S <b>Lauri</b>	9:55-10:25am Core Conditioning (01) S <b>Renee</b>	9:40-10:40am *Yoga (09) S Level 2 <b>Kathy D.</b>
11:00-12:00 Tai Chi (01) PR <b>Bruce</b>	10:30-11:20am Body Sculpt(02) PR <b>Patty</b>	9:00-9:30am Core Conditioning (02) PR <b>Patty</b>	9:15-10:15am BODYPUMP(07) PR <b>Krishna</b>		10:30-11:20am Body Sculpt (02) PR <b>Glenn</b>	10:50-11:50am Cardio Kickboxing (01) S <b>Kim</b>
	10:30-11:20am Cardio Dance (01) S <b>Kristina</b>	9:00-10:00am Walking Club (01) <b>Brenda</b>	9:20-10:20am *Yoga (12) S Level 1 <b>Syeda</b>	9:00-10:00am Walking Club (02) <b>Brenda</b>	10:30-11:20am Cardio Dance (01) S <b>Alyssa</b>	
		9:30-10:05am Cardio Blast (01) PR <b>Patty</b>	10:00-10:30am Cycle Express (09 ) CS <b>Lauri</b>	9:30-10:15am Cardio Blast (01) PR <b>Armando</b>		
		10:15-11:15am *Yoga (01) S Level 2 <b>Kathy D.</b>	10:30-11:20am Body Sculpt (02) PR <b>Patty</b>	10:15-11:15am *Yoga (05) S Level 2 <b>Lauri</b>		
	3:30-4:00pm Cancer Exercise SGT(03)PR <b>Kathy D.</b>		10:30-11:20am Cardio Dance (01) S <b>Kristina</b>		4:30-5:20pm Body Sculpt (03) PR <b>Karen/Kristi</b>	
	4:20-5:20pm *Yoga (02) S Level 1 <b>Syeda</b>	10:30-11:45am Super Circuit (10) WC <b>Brenda</b>	3:30-4:00pm Cancer Exercise SGT (03 ) PR <b>Tina</b>	10:30-11:45am Super Circuit (10) WC <b>Armando</b>	7:10-8:10pm Beg. Belly Dance (01) S <b>Roberta</b>	
	4:30-5:20pm Body Sculpt (03) PR <b>Kathy H.</b>	11:25-12:15pm Everfit (01) S <b>Sue</b>	5:00-6:00pm Cycle (01) CS <b>Denise</b>	11:25-12:15pm Everfit (02) S <b>Sue</b>	<div> <b>KEY:</b>  Health and Well-being  programs will take  place in one of the  following locations:   S = Studio  PR = Program Room  CS= Cycle Studio  WC = Wellness Center  G = Gymnasium  *= Ticket Required  (Opens 30 min. prior  to class start time) </div>	
	5:30-6:15pm Cycle (15) CS <b>Laura</b>	4:30-5:15pm Cycle (06) CS <b>Kathy H.</b>	4:30-5:20pm Body Sculpt (03) PR <b>Karen</b>	4:20-5:20pm *Yoga (13) S Level 1 <b>Kathy</b>		
	5:30-6:30pm *BODYPUMP (01) PR <b>Barb</b>	5:20-5:50pm CXworx (03) PR <b>Barb</b>	5:30-6:30pm *BODYPUMP (04) PR <b>Krishna</b>	5:30-6:30pm Cycle (10) CS <b>Lauri</b>		
	6:05-7:05pm *Yoga (11) S Level 2 <b>Gail</b>	5:30-6:30pm Cycle (05) CS <b>Tom</b>	6:10-7:00pm Cycle (08) CS <b>Amy</b>	5:30-6:30pm *Yoga (10) S Level 2 <b>Gail</b>		
	6:20-7:20pm Cycle (07) CS <b>Pam</b>	5:30-6:30pm *Yoga (03) S Level 2 <b>Kathy D.</b>	7:00-8:00pm Y-Fitness Challenge (05) <b>Rotating</b>	5:40-6:10pm CxWorx (02) PR <b>Marianne</b>		
	6:40-7:40pm Step & Strong (01) PR <b>Kim</b>	6:40-7:40pm Zumba (02) PR <b>Cory</b>	7:05-7:55pm *Pilates (03) S <b>Amy</b>	6:20-7:20pm Zumba (04) PR <b>Michele</b>		
		6:40-7:40pm Cardio & Strength Super Sets (SGT) (02) S <b>Kathy</b>				
		6:45-7:45pm 5K Training Program (01) <b>Tom/Larua/ Kathleen</b>				

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## Health & Well-being Fees

Program Code	Class Name	Frequency	Member Rate	Youth Member Rate	Open Rate
02356	Beginner Belly Dance	1x/wk	\$19	\$34	\$75
02192	Beginner Weight Training	1 session 3 sessions 7 sessions	\$35 \$105 \$245		
02178	Body Pump		FREE	age 16 and older	
02176	Body Sculpt		FREE		
02139	Cancer Exercise Small Group Training (payment plans & financial aid are available)	1x/wk 2x/wk	\$276 \$312		\$629 \$665
02144	Cardiac Follow-up		\$40		Inquire within
02154	Cardio Blast		FREE		
02185	Cardio Dance		FREE		
02166	Cardio Kickboxing		FREE		
02182	Core Conditioning		FREE		
02167	Cycle		FREE		
02158	CXWorX		FREE		
02372	Everfit		FREE		
02236	Pilates		FREE		
02197	5K Training Program		\$30	\$45	\$60
02374	Senior Circuit		FREE		\$35
See Description	Small Group Personal Training		\$70/Drop in \$20/per class	\$140/drop in \$40/per class	
02161	Step & Strong		FREE		
02194	Super Circuit		FREE		
02135	Tai Chi		\$19	\$34	\$75
02170	Walking Club		FREE		
02230	Yoga		FREE		
02192	Y-Fitness Challenge		\$65		\$130
02189	Zumba/Zumba Express**	1x/wk 30min. 1x/wk 2x/wk	\$12.50 \$25 \$40		\$40 \$80 \$129

\*\*In order to receive the second-day discount, you must register in person.

## Special Programs or Features

### 5K Training Program

This 10-week running program is to prepare for community 5K events. Weekly training schedules are based on beginner, intermediate, or advanced running levels. No experience necessary, beginners are welcome!

**Orientation class is Tues., April 29<sup>th</sup> at 6:45pm.**

### Now offering Small Group Personal Training!

Each class is kept to a maximum of 6-8 people and is 30 minutes in length. Classes are designed to help you meet your personal goals. Find the class that works best for you.

**Strengthbuilder, Power Super Sets, Cardio & Strength Super Sets, and Total Body Burn!** (Descriptions are listed under Small Group Personal Training. **Members \$70, Open Rate \$140, Drop-in Rate \$20/class, Drop-in Open Rate \$40/class.**

### Cancer Exercise Small Group Personal Training (For Strength, Support, and Self-Esteem)

A community experience aiding in recovery through exercises designed to improve strength & flexibility, reduce pain & fatigue and improve exercise tolerance. Sessions will include lymphedema risk assessments and exercises to help manage lymphedema. Participants choose between attending once or twice a week. Each participant receives 3 45-minute assessment & customized exercise modifications during the 12-week program. For more information email: cancerexerciseprg@ymaryland.org or call 443-322-8085. **\*\*Payment plans and financial aid are available.**

## Personal Training

### Cancer Exercise Small Group Personal Training (02139)

#### For Strength, Support, and Self-Esteem

A community experience aiding in recovery through exercise designed to improve strength & flexibility, reduce pain & fatigue and improve exercise tolerance. Sessions will include lymphedema risk assessments and exercise to help manage lymphedema. **\*\* Payment plans and financial aid are available.**

### Cardiac Follow-up (02144)

This program encourages patients released from a cardiac rehabilitation program to continue working towards a healthy, active lifestyle. Meet 1x/wk with a trainer for 8 weeks. Members only.

### Beginner Weight Training (02192)

One-hour session for novice or intermediate who want to add change to their Fitlinxx use, or improve their cardio and strength training. Sessions will include the usage of cardio equipment, Cybex Strength equipment, and some mat work. It also may include a Re-introduction to the Fitlinxx use if you have not been using on a regular basis.

### Personal Training (02140)

Training sessions are led by a Certified Personal Trainer who will develop a fitness routine tailored to help you reach your specific needs. Training will include one-on-one sessions with a trainer, incorporating the use of cardio machines, strength machines, free weights and stretching techniques.

1 Hour Rates			30 Minute Rates		
# sessions	Total cost	Per session	# sessions	Total cost	Per session
1	\$65	\$65.00			
3	\$189	\$63.00	3	\$117	\$39.00
6	\$366	\$61.00	6	\$227	\$37.91
12	\$708	\$59.00	12	\$442	\$36.85
18	\$1,026	\$57.00	18	\$645	\$35.81
25	\$1,375	\$55.00	25	\$870	\$34.81

### Small Group Personal Training

Each class is kept to a maximum of 6-8 people and is 30 minutes in length. Classes are designed to help you meet your personal goals. Find the class that works best for you.

### Strengthbuilder (02285)

This small group personal training program will build strength and power and burn calories by alternating muscle groups and strength movements. All fitness levels welcome!

### Power Super Sets (02286)

This intermediate to advanced level small group personal training program will incorporate super sets of strength movements to burn calories and build strength and power.

### Cardio & Strength Super Sets (02287)

Designed for all fitness levels and abilities, this small group personal training program will burn calories and build strength through specific movement patterns and cardio intervals.

### Total Body Burn (02288)

Strength supersets with a cardio interval kick up the intensity and increase the calorie burn and builds strength and power in muscles in this small group personal training program.

30 Minute Rates		
7 Week Session	Member Rate	Open Rate
7 Classes	\$70	\$140
Drop-in Rate	\$20/class	\$40/Class