

OROKAWA FAMILY CENTER Y

HEALTH & WELL-BEING

SUMMER: 06/23/14 - 08/17/14

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45-6:45am BODYPUMP-CR	5:40-7:00am Cycle & Core-CS	5:45-6:45am BODYPUMP-CR	5:40-7:00am Cycle & Core-CS		
	8:15-9:15am Yoga Level 2-AS		6:15-6:45am Strengthbuilder-AS		6:15-6:45am Strengthbuilder-AS	7:45-8:45am Pilates-AS
	8:30-9:30am Cardio Dance-G	8:30-9:15am Pilates-AS	8:30-9:30am Cardio Dance-G	9:15-10:15am BODYPUMP-CR	8:30-9:30am Cardio Dance-G	
9:00-10:15am Yoga Level 3/4-AS	9:30-10:45am Step & Strong-AS	9:30-10:30am Cardio Blast-CR	9:30-10:45am Yoga Level 2-AS	9:30-10:15am Cycle-CS	9:30-10:45am Yoga Level 3/4-AS	8:30-9:30am Zumba-G
	9:30-10:20am Body Sculpt-CR	9:30-10:15am Cycle-CS	9:30-10:20am Body Sculpt-CR		9:30-10:30am Body Sculpt-CR	9:00-10:00am BODYPUMP-CR
10:30-11:30am Pilates-AS	10:30-11:15am Cycle-CS		10:30-11:15am Cycle-CS			10:00-10:45am Cycle-CS
	11:45-12:45pm Yoga Level 1/2-AS	11:00-12:30pm Yoga Level 3/4-AS	11:45-12:45pm Pilates-AS	12:00-1:00pm Yoga Level 1/2-AS	12:00-1:00pm Yoga Level 3/4-AS	
	12:00-12:45pm BODYPUMP-CR					4:00-5:00pm Yoga Level 3/4-AS
4:00-5:00pm Cycle-CS	1:00-1:30pm CXWorX-CR	5:00-5:45pm Core Conditioning-CR	5:15-6:15pm Cycle-CS	5:00-5:45pm Core Conditioning-CR		
5:00-6:00pm Yoga Level 1/2-AS			5:15-6:15pm BODYPUMP-CR	5:15-6:00pm Pilates-AS		
	5:15-6:15pm Pilates-AS	6:00-7:00pm Body Sculpt-CR	6:00-6:45pm Healthy Back-M	6:00-7:00pm Body Sculpt-CR		
	6:30-7:30pm Yoga Level 3/4-AS	6:15-7:15pm Yogalates-AS	6:00-7:00pm Y Fit Next Step-AS	6:15-7:15pm Yoga Level 3/4-AS		
	6:30-7:30pm Cycle-CS	7:10-7:55pm Cycle-CS	6:30-7:00pm CXWorX-CR	7:10-7:55pm Cycle-CS		
		7:15-8:15pm Zumba-G		7:15-8:15pm Zumba-G		

G = Gym
AS = Aerobics Studio
CS = Cycle Studio
WC = Wellness Center
CR = Campbell Room
M = Matte Room

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

Fee Based Open Programs

Program No.	Class Name	Member Rate	Youth Rate	Open Rate
02285	Strengthbuilder	\$70	\$85	\$140
02285	Strengthbuilder Walk-In	\$20		
02192	Y Fit Next Step	\$30	\$45	\$60

*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