

DRUID HILL FAMILY CENTER Y

HEALTH & WELL-BEING

SUMMER: 6/23/14 TO 8/17/14

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00-9:45 am Silver Sneakers (S)		9:00-9:45 am Silver Sneakers (S)			
	10:30-11:30 am Basic Pilates		10:30-11:30 am Basic Pilates			9:30-10:15 am Body Sculpt (S)
		11:30-12:30 Everfit		11:30-12:30 Everfit	Cardio & Strength Super Sets 10:00-10:30 10:30-11:00 11:00-11:30 Total Body Burn 11:00-11:30 11:30-12:00	10:30-11:15 am Core Conditioning (S)
						11:30-12:45 Zumba & More
						Y-Pong Table Tennis (S) 11:30am—1:00pm
						1:30—2:30 pm Cardio Kickboxing (s)
			5:00-6:00 Zumba			
	6:00-6:45 pm Cardio Blast L1 (S)	6:00-7:00 pm Cardio Dance	6:15-7:00 pm Step-N-Strong (S)	6:00-7:00 pm Cardio Dance	6:00 - 6:45 pm Basic Pilates	
		6:30-7:15 pm Cycle (CS)	Y-Pong Table Tennis (Multipurpose Room) 6:45-8:00pm	6:30-7:15 pm Cycle (CS)	7:00 –8:00 pm Zumba Party (S)	
	7:00-7:45 pm Urban Line Dance (S)	7:00-7:45 pm Yoga (MPR)	6:30-7:00 PM Strengthbuilder			
			7:00-7:45 pm Cardio Blast L2 (S)			

S = Aerobics Studio
MPR = Multipurpose Room
CS = Cycle Studio
WC = Wellness Center

Health & well-being Program Fees

MEMBER ONLY—FREE CLASSES*		Fee Based Open Programs			
Program No.	Class Name	Program No.	Class Name	Member Rate	Open Rate
02151	Cardio Blast				
02161	Step-N-Strong	14430	Y-Pong		\$40
02166	Cardio Kickboxing	02285	SGT-Strength Builder	\$70	\$140
02167	Cycle	02287	SGT-Cardio & Strength Super Sets	\$70	\$140
02176	Body Sculpt	02288	SGT-Total Body Burn	\$70	\$140
02182	Core Conditioning				
02185	Cardio Dance				
02186	Dance Aerobics				
02371	Silver Sneakers				
02187	Urban Line Dancing				
02189	Zumba				
02231	Yoga				
02236	Basic Pilates				
02372	Everfit				
*Free programs are reserved for members only. If you would like to participate in these programs, please inquire about our membership options.					

Register online at ymaryland.org