



Y of Central Maryland
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WARD FAMILY CENTER Y

HEALTH & WELL-BEING

Summer Session: 6/23/14— 8/17/14

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45-6:30am Group Cycle (02) CS	5:45-6:30am Group Cycle (06) CS	5:45-6:30am Group Cycle (09) CS	5:45-6:30am Group Cycle (13) CS		7:45-8:45am BODYPUMP (14) MP
		5:45-6:30am BP Express (04) MP		5:45-6:30am BP Express (08) MP		8:00-8:45am Group Cycle (21) CS
	9:00-10:00am BODYPUMP (02) MP		9:00-10:00am Circuit Training (02) MP		9:00-10:00am Circuit Training (03) MP	9:00-10:00am Step and Strong (01) MP
				9:15-10:00am Pilates—Basic (06) AR		9:00-9:55am Yoga III/IV (08) AR
9:15-10:00am Group Cycle (23) CS	9:15-10:00am Interval Training (01) AR	9:15-10:00am Group Cycle (07) CS	9:15-10:00am Cardio Dance (02) AR	9:15-10:00am Group Cycle (14) CS		9:00-10:00am Boot Camp (03) G
9:15-10:00am Cardio Dance (01) MP		9:15-10:00am Balletone (04) AR	9:15-10:00am Group Cycle (10) CS		9:15-10:00am Cardio Dance (04) AR	9:15-10:00am Group Cycle (22) CS
	10:00-11:00am Group Cycle (03) CS	10:10-10:40am CXWorX (08) MP			10:15-11:00am Group Cycle (19) CS	
10:15-11:00am Pilates Basic (01) AR	10:15-10:45am CXWORX (01) MP	10:15-11:00am Pilates (03) AR		10:15-11:00am Body Sculpt (06) MP	10:00-11:00am Yoga II (10) AR	10:10-11:00am Cardio Kickboxing (03) AR
10:15-11:00am Cardio Blast (01) MP		11:15am-12:15pm Yoga III/IV (02) AR	10:15-11:00am Pilates 101 (04) AR	10:15-11:15am Yoga II (05) AR	10:15-11:00am Cardio Blast (04) MP	10:15-11:15am BODYPUMP (13) MP
		10:45am-11:30am Body Sculpt (03) MP	10:15-11:15am BODYPUMP (07) MP			10:15-11:00am Group Cycle (25) CS
	11:00-11:45am Body Sculpt (02) MP		11:15-12:00pm Core Conditioning (02) MP	11:15am-12:00pm Everfit (01) MP	11:00am-12:00pm BODYPUMP (11) MP	
11:15am-12:00pm Body Sculpt (01) MP		12:00-12:45pm RIPPED (02) MP	11:15am-12:15pm Yoga III/IV (04) AR			11:15am-12:15pm Haidong Gumdo (01) MP
	12:00-1:00pm Group Cycle (04) CS	12:15-1:00pm Group Cycle (08) CS	12:15-1:15pm Group Cycle (11) CS	12:15-1:00pm Group Cycle (15) CS	12:15-1:00pm Group Cycle (20) CS	
	12:25-1:25pm Yoga II (01) AR		1:30-2:00pm CXWORX (02) MP			
	5:15-6:00pm Group Cycle (05) CS		4:15-5:00pm Interval Training (02) MP	4:15-5:00pm BODYPUMP Express (09) MP		
	5:15-6:00pm Zumba (01) AR	5:15-6:00pm Core Conditioning (01) MP	5:15-5:45pm CXWORX (03) MP	5:15-6:00pm Group Cycle (16) CS		
	5:30-6:00pm CXWorX (07) MP		5:15-6:00pm Zumba (02) AR	5:15-6:00pm Cardio Dance (03) MP		
	6:00-7:00pm Pilates Basic (02) AR	6:00-7:00pm BODYPUMP (05) MP	6:00-7:00pm Y Fit Next Step (01) G	6:00-7:00pm BODYPUMP (10) MP	6:00-7:00pm BODYPUMP (12) MP	
	6:15-7:00pm Boot Camp (01) G		6:00-7:00pm RIPPED (03) MP	6:15-7:00pm Cardio Blast (03) AR		
	6:15-7:00pm Cardio Kickboxing (01) MP		6:30-7:15pm Cardio Kickboxing (02) AR			
	7:10-8:10pm Yoga III/IV (09) AR	7:00-8:00pm Yoga III/IV (03) AR	6:30-7:30pm Group Cycle (12) CS	7:05-8:05pm Yoga III/IV (07) AR		
	7:15-8:15pm BODYPUMP (03) MP	7:15-8:00pm Circuit Training (01) MP	7:15-8:00pm Body Sculpt (04) AR	7:15-8:00pm Group Cycle (17) CS		
			8:00-9:30pm Adult Jujitsu (02) MP	8:00-8:30pm CXWORX (04) MP		

AR = Aerobics
Room
G = Gym
CS = Cycle Studio
MP = Multi-
Purpose Room

PERSONAL TRAINING

Personal Training

This program is led by a Certified Personal Trainer. Personal training is designed around your needs and your schedule.

One Hour Session:

Pkg	Member Rate	Open Rate
1 Session	\$65	\$131
3 Sessions	\$189	\$379
6 Sessions	\$366	\$732
12 Sessions	\$708	\$1,426
18 Sessions	\$1,026	\$2,080
25 Sessions	\$1,375	\$2,834

30 Minute Session:

Pkg	Member Rate	Open Rate
3 Sessions	\$117	\$234
6 Sessions	\$227	\$454
12 Sessions	\$442	\$884
18 Sessions	\$645	\$1,290
25 Sessions	\$870	\$1,740

Note: Small Group Training classes can also be added to schedule pending an available Personal Trainer and an open group exercise classroom.

Contact Fitness Director if interested.

(mikecastrignano@ymaryland.org)

Cancer Exercise Individual/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 2 Ind./3 Small Group 45-minute assessment & customized exercise modifications during the 12-week program. For more information email: cancerexerciseprog@ymaryland.org or call 443-322-8085.

***Payment plans and financial aid are available.*

Small Group Training

Take your workouts to the next level with Small group Personal Training. Classes have no more than eight members to give you the individualized attention you need to meet and exceed your fitness goals. Templates to choose from are below.

Strengthbuilder (2285)

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 (2286)

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 (2287)

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

Total Body Burn (2288)

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.

Extreme Total Body Burn (2289)

Strength Supersets, cardio intervals, and plyometrics amplify the intensity and increase the calorie burn and builds strength and power in muscles. Using specific functional movements that mimic daily activities, this advanced small group personal training program focuses on power, strength, and cardio. This program is recommended only for participants who can squat at least 1.5 times their body weight.

Member Rate/Open Rate: 7 Week Session: \$70/\$140—Drop-in: \$20/\$40

Sign up for a class from the calendar below!

Register at the Front Desk

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-9:45am Cardio & Strength Super Sets (01) AR	10:15-10:45am Y Cancer Ex. Small Group PT (01) AR	9:15-9:45am Power Super Sets (02) AR				