

AEROBICS & STRENGTH

CLASS	DAY	TIME	LOCATION	MEMBER	NON-MEMBER
BASIC TRAINING	T, TH	5:15-6:15 AM	Gym A	FREE	\$50
2007 MOVES & GROOVES	M,W,F	9:00-10:00 am	Gym B	FREE	\$66
TOTALLY LEAN	T,TH	9:00-10:00 am	Gym A	FREE	\$50
LUNCHTIME POWER HOUR	T, TH	12:00 pm-12:50 pm	Gym B	FREE	\$50
STEP EXPRESS	T, TH	6:00-7:00 pm	Gym B	FREE	\$50
WOMEN'S STRENGTH TRAINING	T, TH	5:15-6:15 pm	Program Room	\$18	\$50
Y-CORPS	M, W, F	5:30-6:30 pm	Gym B	FREE	\$50
CARDIO SCULPT	F	5:30-6:30 pm	Gym B	FREE	\$34
SATURDAY MORNING AEROBICS	S	8:15-9:15 am	Gym B	FREE	10 class-\$48 20 class-\$80
THE NEW YOU FITNESS PACKAGE	Get a new you! Begins January 8 th !			\$18	\$85

SILVERSNEAKERS® & OLDER ADULT FITNESS

CLASS	DAY	TIME	LOCATION	MEMBER	NON-MEMBER
SILVERSNEAKERS® I	M, T, W, TH	10:30-11:30 am	Gym B	FREE	\$48/ 2 x / week
MUSCULAR STRENGTH	M, W	2:00-3:00 pm	Gym B	FREE	\$48/ 2x /week
SILVERSNEAKERS® II	T, TH, F	1:00-2:00 pm	Gym B	FREE	\$64
CARDIO CIRCUIT	T, TH	9:00-10:00 am	Gym B		\$50
SILVERSNEAKERS® YOGASTRETCH	F	10:15-11:00 am	Program Room	FREE	\$12
SILVERSNEAKER® EQUIPMENT ORIENTATIONS	T, TH	By Appointment 11:30-12:30 pm	Cardio/Nautilus Weight Room	FREE	N/A

STRESS MANAGEMENT, FLEXIBILITY & BALANCE

CLASS	DAY	TIME	LOCATION	MEMBER	NON-MEMBER
TAI CHI	M, W	10:00-11:00 am	Program Room	\$20	\$50
YOGA LEVEL I	W	6:30-7:30 PM	Program Room	\$12	\$32
YOGA LEVEL II	W	7:30-8:30 pm	Program Room	\$12	\$32
CORE CLASS (PRICE IS FOR ONE CLASS PER WEEK)	M W TH	7:30-8:15 pm 5:15-6:00 am 6:15-7:00 pm	Program Room Gym B Program Room	\$14 or 2/\$22	\$34
PILATES PLUS	M	6:35-7:35 pm	Program Room	\$12	\$32

KIDS FITNESS

CLASS	DAY	TIME	LOCATION	MEMBER	NON-MEMBER
SPARK FOR KIDS	T, TH	5:00-5:45 pm	Gym B	FREE	\$48 per child

SPECIALITY WELLNESS & ENRICHMENT PROGRAMS

CLASS	DAY	TIME	LOCATION	FEE
DISCOVER RELAXATION WITHIN	TH	11:30 am-1:00 pm	Program Room	Highmark Members= FREE Non-Highmark, Y Members=\$35 Non-Highmark, Non-Y Members=\$70
EAT WELL FOR LIFE	T	11:30 am-1:00 pm	Program Room	Highmark Members= FREE Non-Highmark, Y Members=\$45 Non-Highmark, Non-Y Members=\$90
PERSONAL NUTRITION COACHING All appointments FREE to: Highmark Members Security Blue, Security 65, and Freedom Blue Members	Initial 45-minute Appointment			Non-Highmark, Y Members=\$50 Non-Highmark, Non-Y Members=\$100
	Follow-up 30-minute Appointment			Non-Highmark, Y Members=\$25 Non-Highmark, Non-Y Members=\$50
CLEAR THE AIR	Dates and Times to be Announced			Highmark Members=FREE Non-Highmark Members=Nominal Fee

OTHER OUTREACH PROGRAMS

CLASS	DAY	TIME	LOCATION	FEE
GROVE EXERCISE	M, W	5:30-6:30 PM	Westmont Grove	TBD-Payment at Grove
SLIMNASTICS IN THE WESTEND	M, W	6:00-7:00 pm	Bethany Presbyterian Church	All Participants= \$32
JACKSON COMMUNITY EXERCISE	M, TH	6:00-7:00 pm	Vinco Brethern Church	All Participants= \$4 per class

