

WINTER/SPRING HEALTH & FITNESS QUICK REFERENCE GUIDE

AEROBICS & STRENGTH

CLASS	DAY	TIME	LOCATION	MEMBER	NON-MEMBER
BASIC TRAINING	T, TH	5:15-6:16 AM	Gym A	FREE	\$48
2008 MOVES & GROOVES	M,W,F	9:00-10:00 am	Gym B	FREE	\$64
TOTALLY LEAN	T,TH	9:00-10:00 am	Gym A	FREE	\$48
STEP EXPRESS	T, TH	6:00-7:00 pm	Gym B	FREE	\$48
WOMEN'S STRENGTH TRAINING	T, TH	5:15-6:15 pm	Program Room	\$18	\$48
Y-CORPS	M, W, F	5:30-6:30 pm	Gym B	FREE	\$64
SATURDAY MORNING AEROBICS	S	8:15-9:15 am	Gym B	FREE	10 class-\$45 20 class-\$75
THE NEW YOU FITNESS PACKAGE	Get a new you! Begins January 14 th			\$15	\$80
SHAPE UP FOR SUMMER PACKAGE	Look hot this summer! Begins March 10 th			\$15	\$80
BRIDAL BOOT CAMP	Calling all brides and bridesmaids! Begins April 18 th			\$30	\$60

SILVERSNEAKERS® & OLDER ADULT FITNESS

CLASS	DAY	TIME	LOCATION	MEMBER	NON-MEMBER
CLASSIC CONDITIONING	T, TH	9:00-10:00 am	Gym B	FREE	\$48
CLASSIC CARDIO	T, TH	10:05-10:25 am	Gym B	FREE	\$26
SILVERSNEAKERS® I MUSCULAR STRENGTH	M, T, W, TH M, W	10:30-11:30 am 2:00-3:00 pm	Gym B Gym B	FREE	\$48/ 2 x / week \$48/ 2x /week
SILVERSNEAKERS® II CARDIO CIRCUIT	T, TH, F	1:00-2:00 pm	Gym B	FREE	\$64
SILVERSNEAKERS® YOGASTRETCH	F	10:15-11:00 am	Program Room	FREE	\$12
SILVERSNEAKER® EQUIPMENT ORIENTATIONS	T, TH	By Appointment 1:30-3:30 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
	T, TH	7:15-8:15 pm	Program Room		
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
PILATES PLUS	M	6:35-7:35 pm	Program Room	\$12	\$32

KIDS FITNESS

CLASS	DAY	TIME	LOCATION	MEMBER	NON-MEMBER
PARENT/CHILD MARTIAL ARTS	T	5:30-6:30 pm	Program Room	\$18 Parent/Child	\$46 Parent/Child
SPARK FOR KIDS	T, TH	5:00-5:45 pm	Gym B	FREE	\$46 per child
PRESCHOOL YOGA	F	11:00-11:45 am	Program Room	\$12	\$32

SPECIALITY WELLNESS & ENRICHMENT PROGRAMS

CLASS	DAY	TIME	LOCATION	FEE
DISCOVER RELAXATION WITHIN	TH - 1/31-2/21 SAT-4/5-4/26	11:00 am-12:30 pm 12:00 pm-1:30 pm	Program Room	Highmark Members= FREE Non-Highmark, Y Members=\$35 Non-Highmark, Non-Y Members=\$70
DISCOVER RELAXATION II	TH-3/6-3/27 SAT-5/10-5/31	11:00 am-12:30 pm 12:00 pm-1:30 pm	Program Room	Highmark Members= FREE Non-Highmark, Y Members=\$35 Non-Highmark, Non-Y Members=\$70
EAT WELL FOR LIFE I	T -1/29-2/19 SAT-4/5-4/26	11:00 am-12:30 pm 10:00 am-11:30 am	Program Room	Highmark Members= FREE Non-Highmark, Y Members=\$45 Non-Highmark, Non-Y Members=\$90
EAT WELL FOR LIFE II	T-3/4-3/25 SAT-5/10-5/31	11:00 am-12:30 pm 10:00 am-11:30	Program Room	Highmark Members= FREE Non-Highmark, Y Members=\$30 Non-Highmark, Non-Y Members=\$60
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=\$30 Non-Highmark, Non-Y Members=\$50

OTHER OUTREACH PROGRAMS

CLASS	DAY	TIME	LOCATION	FEE
SLIMNASTICS IN THE WESTEND	M, W	6:00-7:00 pm	Bethany Presbyterian Church	All Participants= \$30
JACKSON COMMUNITY EXERCISE	T, TH	6:00-7:00 pm	Vinco Brethern Church	\$4-Walk-in Fee
PORTAGE COMMUNITY EXERCISE	M, W	5:00-6:00 PM	Portage H.S. Cafeteria	\$4-Walk-in Fee
SILVERSNEAKERS® I MUSCULAR STRENGTH	T, TH	11:00 am-12:00 pm	Club Lifelines	FREE
HOUSING AUTHORITY CHAIR EXERCISE	M, W	11:00 am-11:45 am 12:00 pm-12:45 pm	Loughner Town House	FREE TO RESIDENTS