

# EATON RAPIDS YMCA PROGRAM CENTER

Union Street School Building • 501 Union St.



Winter 2 Session: **February 22 - April 11, 2010**

Registration Begins: **February 8, 2010**

## Adult Programs

### Group Cycling Beginners

Beginner level group cycle class. Designed to cater to the beginner - learn the basics from a trainer to insure a safe workout.

**64948** 5:45pm-6:30pm...Tu

**66202** 6:45pm-7:30pm...Tu

**64949** 5:45pm-6:30pm...Th

Fee: \$38 Y Member: \$28

### Body Makeover

Are you ready to get a complete head to toe makeover? This is the class for you. Our Extreme Body Makeover Class will push you like nothing ever has before. This is an action packed hour of out of this world total body conditioning. Get ready to try extreme movements that will produce extreme results.

**64953** 5:30pm-6:30pm...M

**64952** 5:30pm-6:30pm...W

Fee: \$38 Y Member: \$28

### Kickboxing Aerobics

The energy of kickboxing and self defense moves plus aerobic training is combined into a total body workout for all abilities and levels. Hand wraps recommended.

**64947** 4:30pm-5:30pm...M

**64946** 4:30pm-5:30pm...W

Fee: \$38 Y Member: \$28

### Step Aerobics

Ever popular step aerobics! Control the intensity of your workout by adding arm movements and adjusting the step height.

**65140** 4:30pm-5:30pm...Tu

**65141** 4:30pm-5:30pm...Th

Fee: \$38 Y Member: \$28

### Strength & Stretch

This non aerobic workout is basic resistance training using hand weights and bands. All levels welcome; options will be given for beginners and diehards alike. The class will also include a stretch and relaxation segment for long lean muscles and stress relief.

**65139** 5:30pm-6:30pm...Th

**65138** 5:30pm-6:30pm...Tu

Fee: \$38 Y Member: \$28

### Yogalates

Get the best of Yoga and Pilates all in one class. Focus the mind and body with the power of a deep core workout and develop strength and flexibility with Yoga postures.

**64962** 5:35pm-6:35pm...M

**64961** 5:35pm-6:35pm...W

Fee: \$38 Y Member: \$28

### Pilates

The Pilates method focuses on deep muscle body conditioning exercises and techniques which can improve posture, coordination, and develop mind-body awareness. All levels welcome; options will be given for experienced exercisers.

**65143** 6:45pm-7:45pm...M

**65142** 6:45pm-7:45pm...W

Fee: \$38 Y Member: \$28

### Yoga

The essence of yoga is breathing, feeling and listening to the body. This yoga class will utilize traditional yoga postures linked together in a flowing format that will increase your strength & flexibility. A relaxation segment will be included.

**65137** 6:30pm-7:30pm...M

**64963** 6:30pm-7:30pm...W

Fee: \$38 Y Member: \$28

## Senior Programs

### Enhance Fitness

Lively and interactive studio class filled with variety for all fitness levels. Nationally certified instructor will provide a safe and encouraging atmosphere to improve your fitness. Ages 50+.

**64951** 11:00am-12:00pm...M, W, F

**64950** 5:30pm-6:30pm...M, W, F

Fee: \$50 Y Member: \$35

### Before & After School Program

Grades: 2nd - 6th

Join us for arts & crafts, games, gym activities and more.

Registration Fee: \$30

### Before School Care

6:30am - Start of school

### 5 Days/Week

Guest: \$120/mo. Y-Member: \$104/mo.

### 3 Days/Week

Guest: \$66/mo. Y-Member: \$61/mo.

### After School Care

End of School - 6:00pm

### 5 Days/Week

Guest: \$140/mo. Y-Member: \$125/mo.

### 3 Days/Week

Guest: \$90/mo. Y-Member: \$76/mo.

## Eaton Rapids Day Camps!

Are you wondering what to do with your kids this summer? The Westside Community YMCA Summer Camps in Eaton Rapids are just the place to have your kids to have fun and play sports or learn a new skill. We have a wide variety of summer camps that will fit just about any interest ages 5-12 years old. Summer camp brochures will be available at the YMCA and on our website soon!



## Three Ways to Register:

Online [www.ymcaoflansing.org](http://www.ymcaoflansing.org)

By Phone **517-827-9670**

In Person **Westside Community YMCA**

3700 Old Lansing Rd., Lansing, MI 48917