



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

POWER HOUSE CLASSES EFFECTIVE JUNE 4, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	REFORMER 6:00-6:55am		REFORMER 6:00-6:55am			
	REFORMER 7:00-7:55am Jere		REFORMER 7:00-7:55am Jere			
	TREKKING 8:30-9:25am Stephanie			TRX 8:30-9:25am Alexis		
	REFORMER 9:30-10:25am Lisa	TRX 9:30-10:25am Pat		REFORMER 9:30-10:25am Nancy		
	MMA 10:30-11:25pm					
					MMA 10:30-11:25am	
REFORMER 6:30-7:25pm Lisa			MMA 6:30-7:25pm Stephanie	TRX 6:30-7:25pm Dom		
MMA 7:30-8:25pm Dom		TREKKING 7:00-7:55pm Carla				

CLASS DESCRIPTIONS

TRX® SUSPENSION TRAINING

Born in the U.S. Navy SEALs and developed by Fitness Anywhere®, Suspension Training® is a revolutionary method of leveraged bodyweight exercise. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

Facility Member Fee per class: \$15
Program Member Fee per class: \$30

REFORMER PILATES

Reformer Pilates does an excellent job at improving core strength and postural awareness, which can make you look longer and leaner. Pilates exercises incorporate the principles of concentration, control, centering, flow movement, precision and breathing. Regular attendance of Pilates sessions will help change your body.

Facility Member Fee per class: \$15
Program Member Fee per class: \$30

Register for 5 of the same class and get the 6th one for FREE!

MIXED MARTIAL ARTS (MMA)

Mixed Martial Arts is a well rounded class that will teach you the disciplines of Brazilian Ju-Jitsu, boxing, Muay Thai, and several other forms of martial arts while promising a workout like no other! You will learn the techniques and history behind these art forms while bettering yourself physically and mentally in a fun and unique way. Gain more confidence and knowledge with each class.

Facility Member Fee per class: \$15
Program Member Fee per class: \$30

TREKKING

Trekking is a coached walk or running session on the treadmill. The focus is on endurance, speed and strength.

Facility Member Fee per class: \$10
Program Member Fee per class: \$20

CLASS RESERVATIONS

Reservations for your classes are on a first come first served basis. Register and pay for your sessions prior to class online or at the Welcome Center.

CANCELLATION POLICY

If you are registered for a class and you must cancel, please call the YMCA Welcome Center at 281-485-6805 at least 24 hours before the class or you will be charged for the class.