



# Winter Bosu

## NEW YEAR. NEW YOU!

Each BOSU class will focus on using a different piece of equipment with the BOSU. The classes will include core, plyometrics and HIIT workouts.

**SESSION DATES:** 2/5-2/28, 3/5-3/28 and 4/2-4/25,  
Tuesdays and Thursdays

**WHAT TIME:** 10:15—11am

**WHO:** Paula Clark, CPT

**WHERE:** Studio 3 at Branch Crossing YMCA

**CONTACT:** [Valerie.johnson@ymcahouston.org](mailto:Valerie.johnson@ymcahouston.org)

**FEES:** Facility Member \$60

**Perfect Holiday gift.**

The Woodlands Family YMCA at Branch Crossing  
8100 Ashlane Way, The Woodlands TX  
281.367.9622





# Commit to Get Fit

**Are you ready to get serious about your health and fitness? Learn how to super charge your metabolism, burn fat and increase muscle mass in a 4 week program using a safe and effective nutritional challenge.**



**SESSION DATES:** 1/14-2/6 and 2/11-3/6  
**Mondays and Wednesdays or Mondays and Fridays.**

**TIME:** 8:30-9:30 am or 10:30-11:30 am

**WHO:** CPT Mariana Vigil

**CONTACT:** [Valerie.johnson@ymcahouston.org](mailto:Valerie.johnson@ymcahouston.org)

**FEES:** Facility Member \$240,



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# Women On Weights

**There is no better time than now to sign up for Women On Weights. During this 4 week course you will learn to use free weights and strength exercises for the whole body.**



**SESSION DATES: 2/5-2/26, 3/5-3/28 and 4/2-4/25, Tuesdays and Thursdays.**

**TIME: 11:15 am-12 pm**

**WHO: Lorna Moon, CPT**

**CONTACT: [Valerie.johnson@ymcahouston.org](mailto:Valerie.johnson@ymcahouston.org)**

**FEES: Facility Member \$60**



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