

Spin w/ Kim:

YMCA Youngsville Branch Group Exercise Description

A 30 minute to 45 minute Beginner/Intermediate Fitness level Cycling Opportunity. Each rider has the choice to ride at their own pace.

Pay Per Class Rates apply or Spin Punch Cards are also available to purchase.

Beginner Spin/Stretch w/ Kim:

A 30 minute Beginner level Cycling Opportunity keeping beginners and seniors in mind. Cyclers go at their own pace as your instructor guides and motivates riders to challenge themselves. Post ride, your instructor will lead you into a good stretch.

Pay Per Class Rates apply or Spin Punch Cards are also available to purchase.

Total Body w/ Jill:

Total Body w/Jill is designed for the beginner in mind although all exercises can be modified to become more or less intense based on the individuals goals. Jill focuses on a variation of exercises using body weight, dumbbells, yoga balls, body bars and other equipment to offer a total body cardio toning workout

Purchase a Group Exercise Card. 15 Classes. Expires 6 months after purchase. Pay Per Class **DOES NOT** apply for Group exercise w/ instructors.

Youth Recreation

Honoring our *Playground Lending Program* over the winter months we are opening an area inside the gym for children and youth (ages 10-17) after school to sign up and participate in the use of indoor and, weather permitting, outdoor recreational equipment. Occasionally there will be simple arts & crafts and games offered for the children and youth to do as well. This program is supervised by regular YMCA Staff/Volunteers on shift. YMCA Staff/Volunteers are **NOT** responsible for those borrowing and taking equipment outdoors.

This is a **FREE** opportunity for the communities Children and Youth. Parents/Guardians **MUST** be present at the time of registration.

GGW (Group Guided Workouts)

Offering after hours fitness opportunities. This time is blocked off for those who want to use the facility for their own workouts or Members/Non-Members can take advantage of our experienced and knowledgeable YMCA Staff/Volunteers who will guide people into setting up a workout that best suits them as well as the guiding of proper equipment usage and proper form.

There is **NO** Certified Instructor Leading This Group therefore, Member/Non-Member facility check in rules/rates apply.

A-Team

Autistic Support Group. This is a closed Group. **Not open to the public.**