



**FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **START YOUR YEAR FRESH**

**DEWITT YMCA**

**Winter 2 Session  
2/20 - 3/31/12**

**Registration Begins  
2/6/12**

**DEWITT YMCA  
13161 Schavey Rd.  
517.827.9660  
[ymcaoflansing.org](http://ymcaoflansing.org)**



# WELCOME

## DeWitt YMCA

### ABOUT THE YMCA OF LANSING

When you join the YMCA of Lansing, you are coming together with men, women and children from your community who are committed to youth development, healthy living and social responsibility.

We know firsthand how difficult it can be to find balance in life. That's why we're here with you every day, making sure that you, your family and your community have the resources and support needed to learn, grow and thrive.

We do that by encouraging good health and fostering connections with new and old friends through sports, fun and shared interests.

### AREAS OF FOCUS

The Y offers programs, services and initiatives focused on youth development, healthy living and social responsibility, according to the unique needs of the communities it engages.

The Y is accessible to all people. Financial assistance is offered to individuals and families who cannot afford membership.

### UPCOMING EVENTS

#### Cycle For A Cause

February 12, 2012

#### Summer Fun & Run Family 5K Run/Walk

June 10, 2012

### CONTENTS

<b>YOUTH SPORTS PROGRAMS</b>	<b>4</b>
<b>GROUP CLASSES</b>	<b>5</b>
<b>PERSONAL FITNESS</b>	<b>10</b>

### HOURS

#### Branch Hours

Monday - Thursday	5:30am - 9:00pm
Friday	5:30am - 8:00pm
Saturday	7:00am - 6:00pm
Sunday	7:00am - 6:00pm

#### Holiday Hours

Easter	Closed
--------	--------

#### Tot Watch Hours

(2 months - 8 years)

Tot Watch is free for members and guests.

Monday - Friday	8:30am - 11:30am
Monday - Thursday	5:30pm - 8:00pm
Saturday	9:00am - 11:00am

#### Staff

**Lisa McIntosh**, Executive Director  
lmcintosh@ymcaoflansing.org

**Anna Epkey**, Membership Coordinator  
aepkey@ymcaoflansing.org

**Ryan Haughey**, Health & Wellness Director  
rhaughey@ymcaoflansing.org



**VISIT US ON FACEBOOK!**

Become a Fan Today

**YMCA of Lansing, DeWitt Branch**

# YOUTH DEVELOPMENT

DeWitt YMCA

## SWIM SPORTS PLAY

### YOUTH SPORTS PROGRAMS

#### Teen Free Weight Training

Learn proper technique and form on exercises such as bench press, squats, deadlifts and many more strength building exercises. 13yr olds will be able to utilize the free weight room during and after participating in this class. Class is FREE for first time participants.

Age	Date	Time	Days	Member	Guest	Class #
12-17	2/21-3/27	3:00pm-4:00pm	Tu	Free	\$50	80923
12-17	2/23-3/29	3:00pm-4:00pm	Th	Free	\$50	80924

#### Teen Speed and Agility

45 minutes of speed and agility training. This class will use a wide variety of conditioning drills including ladders and core exercises to improve foot speed and quickness. Class is FREE for first time participants.

Age	Date	Time	Days	Member	Guest	Class #
9-14	2/21-3/27	4:00pm-4:45pm	Tu	Free	\$50	80925
9-14	2/23-3/29	4:00pm-4:45pm	Th	Free	\$50	80915

# HEALTHY LIVING

DeWitt YMCA

## HEALTH WELL BEING FITNESS

### GROUP CLASSES

#### Adv. Active Older Adults

The Advanced Active Older Adult fitness program is comprised of a more advanced cardiovascular and strength training routine. Exercise at your own pace under the supervision of our qualified fitness professionals. This program is supervised at all times by qualified staff. Program is FREE for first time participants. Skill Level 1-2

Age	Date	Time	Days	Member	Guest	Class #
60+	2/20-3/26	11:00am-12:00pm	M	Free	\$50	81222

#### Adv. Active Older Adults

The Advanced Active Older Adult fitness program is comprised of a more advanced cardiovascular and strength training routine. Exercise at your own pace under the supervision of our qualified fitness professionals. This program is supervised at all times by qualified staff. Program is FREE for first time participants. Skill Level 1-2

Age	Date	Time	Days	Member	Guest	Class #
60+	2/21-3/27	11:00am-12:00pm	Tu	Free	\$50	80962
60+	2/22-3/28	11:00am-12:00pm	W	Free	\$50	81223
60+	2/23-3/29	11:00am-12:00pm	Th	Free	\$50	80963



# HEALTHY LIVING

## DeWitt YMCA

### Body by Jackie

A great workout designed to utilize the entire body. Jackie coaches you through exercises utilizing body bars, hand weights and steps to maximize your workout. All levels of fitness are welcome to join in. Skill Level 2

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-3/26	9:00am-10:00am	M	Free	\$50	80972
13+	2/22-3/28	9:00am-10:00am	W	Free	\$50	80910

### Bootcamp

Bootcamp is designed to challenge you physically and mentally. Based on military-type exercises, circuit training and core training, this class will push you. Be ready to drop and give twenty! Skill Level 2

Age	Date	Time	Days	Member	Guest	Class #
13+	2/21-3/27	6:00pm-7:00pm	Tu	Free	\$50	80926

### Cardio Circuit

Cardio circuit class utilizes weight training exercises combined with intervals of cardio exercises including running, jumping and footwork drills. Skill Level 2

Age	Date	Time	Days	Member	Guest	Class #
13+	2/21-3/27	9:45am-10:45am	Tu	\$15	\$50	80956

### CoreCamp

Take your workout to the next level with a fun boot camp style class! Aerobic and strength endurance segments mixed with functional training and anaerobic drills set to today's hottest music makes for a calorie blasting hour. Skill Level 1-2

Age	Date	Time	Days	Member	Guest	Class #
13+	2/23-3/29	6:00pm-7:00pm	Th	\$15	\$50	80939

### Group Cycling

Using a studio cycle with a weighted flywheel, this heart pounding workout will take you on incredible journeys that challenge your spirit, mind and body. Please arrive early to set-up your bike. Actual ride time is 45 minutes. Skill Level 2

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-3/26	10:15am-11:00am	M	\$15	\$50	80954
13+	2/21-3/27	5:45am-6:45am	Tu	\$15	\$50	80958
13+	2/21-3/27	9:15am-10:15am	Tu	\$15	\$50	80945
13+	2/21-3/27	5:45pm-6:45pm	Tu	\$15	\$50	80920
13+	2/22-3/28	10:15am-11:15am	W	\$15	\$50	80909
13+	2/23-3/29	5:45am-6:45am	Th	\$15	\$50	80959
13+	2/23-3/29	9:15am-10:15am	Th	\$15	\$50	80946
13+	2/23-3/29	5:45pm-6:45pm	Th	\$15	\$50	80921
13+	2/24-3/30	5:45am-6:45am	F	\$15	\$50	80908
13+	2/25-3/31	9:15am-10:15am	Sa	\$15	\$50	80947

### Group Cycling: 30' Ride

Do you want to try group cycling but aren't quite ready for the full hour class? If yes, 30' Ride is designed for you! Using a studio cycle with a weighted flywheel, this heart pounding workout will take you on incredible journeys that challenge your spirit, mind and body while on a stationary cycle. Ride time is approximately 25 minutes. Skill Level 1

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-3/26	12:15pm-12:45pm	M	Free	\$50	80917
13+	2/24-3/30	12:15pm-12:45pm	F	Free	\$50	80916

### Group Cycling: 90' Ride

Using a studio cycle with a weighted flywheel, this heart pounding workout will take you on incredible journeys that challenge your spirit, mind and body. Please arrive early to set-up your bike. Skill Level 3

Age	Date	Time	Days	Member	Guest	Class #
13+	2/25-3/31	7:30am-9:00am	Sa	\$18	\$55	80927

# HEALTHY LIVING

## DeWitt YMCA

### Group Cycling: Master Class

Using a studio cycle with a weighted flywheel, this heart pounding workout will take you on incredible journeys that challenge your spirit, mind and body while on a stationary cycle. Master class is more challenging and involves more out of seat positioning than the traditional class. Actual ride time 40-50 minutes. Skill Level 3

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-3/26	6:00am-7:00am	M	\$20	\$50	80957
13+	2/20-3/26	6:40pm-7:40pm	M	\$20	\$50	80922
13+	2/22-3/28	6:00am-7:00am	W	\$20	\$50	80943
13+	2/22-3/28	6:40pm-7:40pm	W	\$20	\$50	80933

### Kettlebell

Kettlebells offer a full body workout where participants never get bored. Reap muscular strength, endurance, flexibility and cardiovascular benefits with every workout. Join the fun and see amazing results! Skill Level 2

Age	Date	Time	Days	Member	Guest	Class #
13+	2/24-3/30	9:15am-9:45am	F	\$15	\$50	80973

### Kickbata

Kickbata is a beginner to intermediate level class, combining the high-intensity interval training of tabata with the strength and endurance of kickboxing fundamentals. Students will gain experience in proper kickboxing techniques, punching and kicking the heavy bag and hand targets. Hand/wrist protection will be required. Skill Level 2

Age	Date	Time	Days	Member	Guest	Class #
13+	2/21-3/27	7:00am-8:00am	Tu	\$15	\$50	80912

### Kickboxing

Kickboxing is for intermediate to advanced level participants. Participants are strongly encouraged to have taken a Kickboxing class before. Hand wraps or boxing gloves are required for this class. You will be punching and kicking hanging bags and learning advanced kickboxing moves and combinations. Skill Level 2

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-3/26	5:45am-6:45am	M	\$15	\$50	80913

### Kickboxing

Kickboxing is for intermediate to advanced level participants. Participants are strongly encouraged to have taken a Kickboxing class before. Hand wraps or boxing gloves are required for this class. You will be punching and kicking hanging bags and learning advanced kickboxing moves and combinations. Skill Level 2

Age	Date	Time	Days	Member	Guest	Class #
13+	2/21-3/27	7:00pm-8:00pm	Tu	Free	\$50	81212
13+	2/22-3/28	5:45am-6:45am	W	\$15	\$50	80932

### Power Circuit

Cardio circuit is a mix including running, jumping and footwork drills combined with weight training and bootcamp style exercises making for a powerful workout! Skill Level 2

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-3/26	7:00pm-8:00pm	M	\$15	\$50	80940
13+	2/22-3/28	7:00pm-8:00pm	W	\$15	\$50	80941

### Rage In The Cage

Are you a very fit person but still feel like you are soft in the cage or a competitor that still feels like they are lacking in the whole body general fitness? This class is not for the beginner or the intermediate. A solid core will help you to perform at your peak in your fitness adventures. Bring It! Skill Level 3

Age	Date	Time	Days	Member	Guest	Class #
13+	2/24-3/30	5:45pm-6:45pm	F	\$15	\$50	80980

### Run Yoga Combo

Get the best of both worlds by combining a 30-45 minute run with a 30 minute yoga session. Adding yoga to your running routine will increase flexibility, prevent injuries (by strengthening the muscles around your joints to improve stability), speed recovery, and even improve speed through increased range of motion. Skill Level 2

Age	Date	Time	Days	Member	Guest	Class #
13+	2/23-3/29	9:15am-10:45am	Th	\$18	\$55	80969

# HEALTHY LIVING

## DeWitt YMCA

### Running 102

Take your running workout to the next level in a fun, relaxed atmosphere! Improve your 5K time, or just have fun running with a group. Class begins with a 2 mile group run followed by speed drills or hill work outside. This class requires that you are able to run 3 miles nonstop and/or have taken Running 101 at the YMCA. At the end of the session the class will run in an optional 5K as a group. This class will be held outdoors and Tot Watch is available. Skill Level 1-2

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-3/26	10:00am-11:00am	M	\$15	\$50	80961
13+	2/22-3/28	5:40pm-6:40pm	W	\$15	\$50	80981

### Step & Pump

Get the best of both worlds by combining Step Aerobics with hand weights, body bars and resistance bands. Basic step patterns will alternate with strength segments for a total workout. Skill Level 2

Age	Date	Time	Days	Member	Guest	Class #
13+	2/24-3/30	5:45am-6:45am	F	Free	\$50	80960

### Tabata

Tabata is a high intensity form of interval training that involves completing 6-10 exercises at maximum intensity for 4 minutes each (20 seconds completing the exercise at a high intensity, with 10 seconds of rest completed for a total of 4 minutes per exercise). If you are looking for a challenging cardio and strength workout, this one's for you! Skill Level 3

Age	Date	Time	Days	Member	Guest	Class #
13+	2/21-3/27	8:30am-9:15am	Tu	\$15	\$50	80979
13+	2/24-3/30	8:45am-9:30am	F	\$15	\$50	80942
13+	2/24-3/30	9:30am-10:15am	F	\$15	\$50	80906

### TRX Kettlebell Combo

Combining Kettlebell and Suspension training into one for a high intensity strength training class. TRX suspension training uses straps suspended from the ceiling, gravity, and the leverage of your own body weight, this class is designed to give you an intense full body workout and develop strength, balance, flexibility, and joint stability. This small group training class is limited to 6 participants. Skill level 2-3

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-3/26	6:00am-7:00am	M	\$15	\$50	80948
13+	2/20-3/26	9:15am-10:00am	M	\$15	\$50	80975
13+	2/21-3/27	10:45am-11:30am	Tu	\$15	\$50	80978



# HEALTHY LIVING

## DeWitt YMCA

### TRX Kettlebell Combo

Combining Kettlebell and Suspension training into one for a high intensity strength training class. TRX suspension training uses straps suspended from the ceiling, gravity, and the leverage of your own body weight, this class is designed to give you an intense full body workout and develop strength, balance, flexibility, and joint stability. This small group training class is limited to 6 participants. Skill level 2-3

Age	Date	Time	Days	Member	Guest	Class #
13+	2/22-3/28	5:45pm-6:30pm	W	\$15	\$50	81225

### Turning Point Yoga

Come and join this supportive class with personal training to help decrease stress in a format designed specifically for breast cancer patients and survivors. Individual and group support will be provided through a series of fitness, yoga, and tai chi programs designed to increase physical functioning, provide for better general health, lower levels of fatigue, increase flexibility, improve social functioning and balance the body. Each participant will be evaluated on a one-on-one basis, creating an individualized program; that will be closely monitored in a group setting by certified staff. Skill Level 1

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-3/26	6:45pm-7:45pm	M	\$25	\$50	80931

### Women on Weights

Want to take your workout to a new level? This class is designed specifically for women. Your instructor will teach the fundamentals of resistance training and teach you plenty of new exercises as you go. Skill Level 2

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-3/26	9:00am-10:00am	M	\$15	\$50	80952
13+	2/21-3/27	6:30pm-7:30pm	Tu	\$15	\$50	80937
13+	2/22-3/28	9:00am-10:00am	W	\$15	\$50	80953
13+	2/23-3/29	6:30pm-7:30pm	Th	\$15	\$50	80951

### Yoga

The practice of yoga stretches your body, quiets your mind and refreshes your spirit. Using breath and movement, yoga will improve your flexibility, de-stress your mind and balance your body. Open to all fitness levels. Skill Level 2

Age	Date	Time	Days	Member	Guest	Class #
13+	2/21-3/27	6:00am-7:00am	Tu	\$15	\$50	80907
13+	2/21-3/27	10:20am-11:20am	Tu	\$15	\$50	80929
13+	2/21-3/27	7:00pm-8:00pm	Tu	\$15	\$50	80935
13+	2/23-3/29	10:20am-11:20am	Th	\$15	\$50	80930
13+	2/23-3/29	7:00pm-8:00pm	Th	\$15	\$50	80936
13+	2/24-3/30	9:30am-10:30am	F	\$15	\$50	80965

### Yoga 90'

The practice of yoga stretches your body, quiets your mind and refreshes your spirit. Using breath and movement, yoga will improve your flexibility, de-stress your mind and balance your body. Open to all fitness levels. Skill Level 3

Age	Date	Time	Days	Member	Guest	Class #
13+	2/25-3/31	9:30am-11:00am	Sa	\$18	\$55	80974

### Yoga Deep Stretch & Relaxation

In this beginner introduction class, you will use the beginning techniques of seated and supine postures used in yoga to achieve a deeper stretch, controlled breathing and relaxation techniques. This class improves balance and increases flexibility along with providing many other health benefits of yoga practice. Skill Level 1

Age	Date	Time	Days	Member	Guest	Class #
13+	2/23-3/29	5:45pm-6:40pm	Th	\$15	\$50	81217

# HEALTHY LIVING

## DeWitt YMCA

### Yoga for Beg.

The practice of yoga stretches your body, quiets your mind and refreshes your spirit. Using breath and movement, yoga will improve your flexibility, de-stress your mind and balance your body. Open to all fitness levels. Skill Level 1

Age	Date	Time	Days	Member	Guest	Class #
13+	2/21-3/27	11:30am-12:15pm	Tu	Free	\$50	80918
13+	2/23-3/29	11:30am-12:15pm	Th	Free	\$50	80919

### Yoga for Core Strength

Traditional yoga class targeting abs and lower back strengthening. Each pose will focus in improving your overall core strength. Skill Level 1-2

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-3/26	9:00am-10:00am	M	\$15	\$50	80928



### Yoga for Core Strength

Traditional yoga class targeting abs and lower back strengthening. Each pose will focus in improving your overall core strength. Skill Level 1-2

Age	Date	Time	Days	Member	Guest	Class #
13+	2/22-3/28	9:00am-10:00am	W	\$15	\$50	80944

### Yoga for Runners

This class is a great balance for runners. Yoga poses are designed specifically for runners needs. Skill level 2

Age	Date	Time	Days	Member	Guest	Class #
13+	2/22-3/28	6:40pm-7:40pm	W	\$15	\$50	80966

### Zumba

Zumba combines high energy and motivating music with unique moves and combinations. Zumba is a fusion of Latin and International music with dance themes that create a dynamic, exciting and effective fitness system! FUN and EASY TO DO! Experience an absolute blast in one exhilarating hour of caloric burning, heart racing, muscle pumping, and energizing movements meant to engage the entire body! Please note, tot watch is not open Friday evenings. Skill Level 2

Age	Date	Time	Days	Member	Guest	Class #
13+	2/20-3/26	5:45pm-6:45pm	M	\$15	\$50	80934
13+	2/22-3/28	5:45pm-6:45pm	W	\$15	\$50	80938
13+	2/23-3/29	9:00am-10:00am	Th	\$15	\$50	80911
13+	2/23-3/29	7:00pm-8:00pm	Th	\$15	\$50	80964
13+	2/25-3/31	9:00am-10:00am	Sa	\$15	\$50	80914

## HEALTH WELL BEING FITNESS

### PERSONAL FITNESS

#### Jump Start

Free for Members! Jump Start your new workout with this free program. 3 sessions with a wellness coach will have you well on your way to your fitness goals.

Age	Date	Time	Days	Member	Guest	Class #
9+	2/20-3/31		By Appt.	Free		80968

# HEALTHY LIVING

## DeWitt YMCA

### Personal Training 1 Hr Session

Your Certified Personal Trainer will perform an assessment and provide you with expert one-on-one training with a program designed just for you. Achieve any of the five components of fitness: strength, cardiovascular endurance, flexibility, stress management, and optimal body composition and nutrition.

Age	Date	Time	Days	Member	Guest	Class #
9+	2/20-3/31		By Appt.	\$45	\$80	80967

### Personal Training 12 Session Package

Your Certified Personal Trainer will perform an assessment and provide you with expert one-on-one training with a program designed just for you. Achieve any of the five components of fitness: strength, cardiovascular endurance, flexibility, stress management, and optimal body composition and nutrition.

Age	Date	Time	Days	Member	Guest	Class #
9+	2/20-3/31		By Appt.	\$490	\$850	80970

### Personal Training 6 Session Package

Your Certified Personal Trainer will perform an assessment and provide you with expert one-on-one training with a program designed just for you. Achieve any of the five components of fitness: strength, cardiovascular endurance, flexibility, stress management, and optimal body composition and nutrition.

Age	Date	Time	Days	Member	Guest	Class #
9+	2/20-3/31		By Appt.	\$255	\$435	80971



**YMCA OF LANSING**

**DEWITT YMCA  
13161 Schavey Rd.  
517.827.9660  
[ymcaoflansing.org](http://ymcaoflansing.org)**