



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

START YOUR YEAR FRESH

**EATON RAPIDS YMCA
PROGRAM CENTER**

**Winter 2 Session
2/20 - 4/8/12**

**Registration Begins
2/6/12**

EATON RAPIDS YMCA PROGRAM CENTER
Union Street School Building
501 Union St., Eaton Rapids
ymcaoflansing.org



WELCOME

Eaton Rapids YMCA Program Center

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

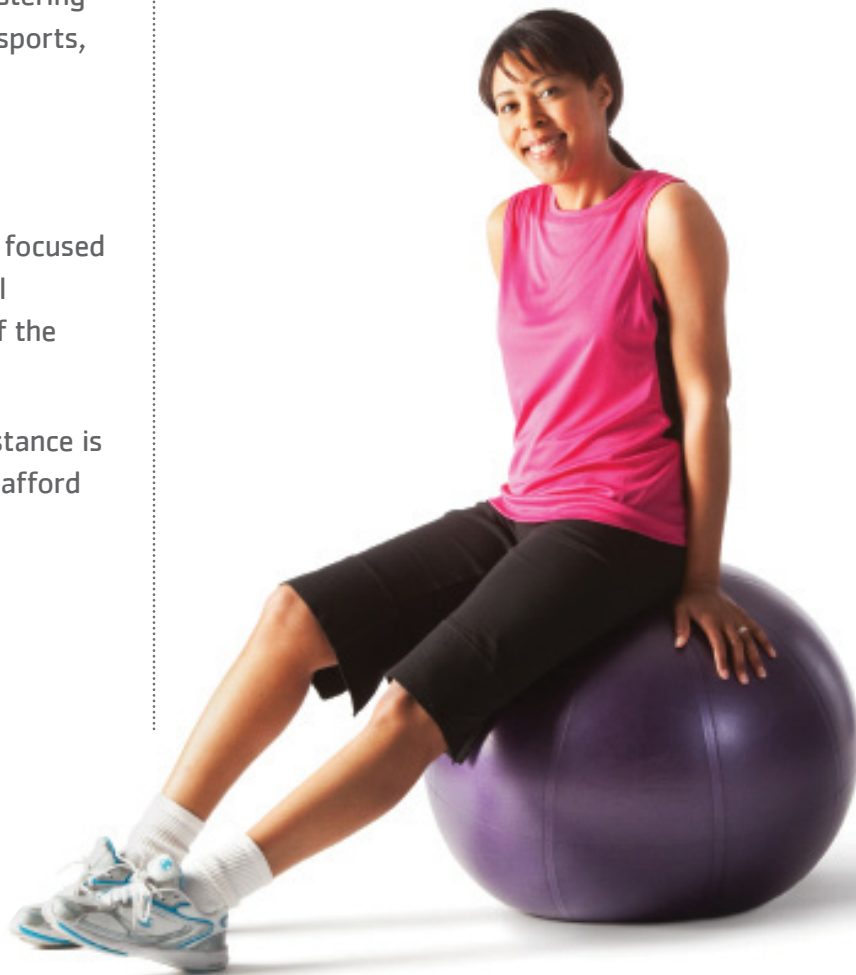
The Y offers programs, services and initiatives focused on youth development, healthy living and social responsibility, according to the unique needs of the communities it engages.

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

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VISIT US ON FACEBOOK!

Become a Fan Today

YMCA of Lansing, Westside Branch

HEALTHY LIVING

Eaton Rapids YMCA Program Center

HEALTH WELL BEING FITNESS

GROUP CLASSES

Eaton Rapids Core Camp

This non aerobic workout is basic resistance training using hand weights and bands all that target the core of your body. 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 strong muscles and stress relief.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/22-4/4	7:30pm-8:30pm	W	\$28	\$38	80484

Eaton Rapids CY-YO

Cy-Yo is 30 minutes of Group Cycle followed by 30 minutes of Yoga. Get the best of both all in one class.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/20-4/2	5:30pm-6:30pm	M	\$28	\$38	80485
12+	2/20-4/2	6:30pm-7:30pm	M	\$28	\$38	81002

Eaton Rapids 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+.

Age	Date	Time	Days	Member	Guest	Class #
50+	2/21-4/5	10:45am-11:45pm	Tu, Th	\$35	\$50	80510

Eaton Rapids Group Cycling

Using a studio cycle with a weighted flywheel, this heart pounding workout uses pacing and sets. Beginners: Make sure you work at your own pace! Please arrive at least 5 minutes before class to set-up your bike.

Age	Date	Time	Days	Member	Guest	Class #
14+	2/21-4/3	5:30pm-6:15pm	Tu	\$28	\$38	80458
14+	2/21-4/3	6:30pm-7:15pm	Tu	\$28	\$38	80457
14+	2/23-4/5	5:30pm-6:15pm	Th	\$28	\$38	81003

Eaton Rapids Interval

Cardio and strength combo class. Get maximum results in less time.

Age	Date	Time	Days	Member	Guest	Class #
14+	2/21-4/3	9:30am-10:30am	Tu	\$28	\$38	80529
14+	2/23-4/5	9:30am-10:30am	Th	\$28	\$38	80531

Eaton Rapids 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.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/22-4/4	4:30pm-5:30pm	W	\$28	\$38	80509



HEALTHY LIVING

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Eaton Rapids 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.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/20-4/2	7:30pm-8:30pm	M	\$28	\$38	80506

Eaton Rapids 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.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/22-4/4	6:30pm-7:30pm	W	\$28	\$38	80496

Eaton Rapids 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.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/22-4/4	5:30pm-6:30pm	W	\$28	\$38	80414

Weight Works

This non aerobic workout is studio based strength training using hand weights and barbells. All levels welcome; options will be given for beginners and diehards alike.

Age	Date	Time	Days	Member	Guest	Class #
12+	2/23-4/5	6:30pm-7:30pm	Th	\$28	\$38	81004



YMCA OF LANSING

**WESTSIDE YMCA
3700 Old Lansing Rd.
517.827.9670
ymcaoflansing.org**