

EATON RAPIDS YMCA PROGRAM CENTER



Union Street School Building • 501 Union St.



Fall 1 Session: **September 7-October 24, 2010**

Registration Begins: **August 23, 2010**

Adult Programs

Eaton Rapids Body Makeover

Are you ready to get a complete head to toe makeover? This is the class for you. Our Extreme Body Makeover Class will push you like nothing ever has before. This is an action packed hour of out of this world total body conditioning. Get ready to try extreme movements that will produce extreme results.

70026 5:30pm-6:30pm...M

70025 5:30pm-6:30pm...W

Fee: \$38 Y Member: \$28

Eaton Rapids Group Cycling Beg.

Beginner level group cycle class. Designed to cater to the beginner - learn the basics from a trainer to insure a safe workout.

70022 5:45pm-6:30pm...Th

70021 5:45pm-6:30pm...Tu

70020 6:45pm-7:30pm...Tu

Fee: \$38 Y Member: \$28

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.

70019 4:30pm-5:30pm...M

70018 4:30pm-5:30pm...W

Fee: \$38 Y Member: \$28

Eaton Rapids Parent Child Yoga

Yoga is one of the few disciplines which can be enjoyed by almost any age. The class will develop strength and flexibility adapting postures to each individual.

Using a circle format, this class helps parents and children enjoy time together in a relaxed atmosphere. Designed for ages 5-8. Limited enrollment; Price is per pair; 7-week class.

70221 4:30pm-5:30pm...M

70220 4:30pm-5:30pm...W

Fee: \$38 Y Member: \$28

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.

70219 6:45pm-7:45pm...M

70218 6:45pm-7:45pm...W

Fee: \$38 Y Member: \$28

Eaton Rapids Step Aerobics

Ever popular step aerobics! Control the intensity of your workout by adding arm movements and adjusting the step height.

70217 4:30pm-5:30pm...Th

70216 4:30pm-5:30pm...Tu

Fee: \$38 Y Member: \$28

Eaton Rapids Strength & Stretch

This non aerobic workout is basic resistance training using hand weights and bands. 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 muscles and stress relief.

70215 5:30pm-6:30pm...Th

70214 5:30pm-6:30pm...Tu

Fee: \$38 Y Member: \$28

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.

70035 6:30pm-7:30pm...M

70034 6:30pm-7:30pm...W

Fee: \$38 Y Member: \$28

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.

70033 5:35pm-6:35pm...M

70032 5:35pm-6:35pm...W

Fee: \$38 Y Member: \$28

Senior Programs

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+.

70024 11:00am-12:00pm...M, W, F

70023 5:30pm-6:30pm...M, W, F

Fee: \$50 Y Member: \$35



Save the Date for our 5K and BOO-Athlon

Join us on **Saturday, October 23** at 10:00am at Potterville High School for a one of a kind race! Costumes are welcome!!

Course Information

A unique and fun course which begins with a 3 mile run around Alliance Lake through the "haunted tunnel" returning to the High School for a gentle rolling hill 10 mile bike with a turn at the Country Mill Orchard. Finish with another 3 mile run ending at the great pumpkin for a Halloween celebration.

Registration

Online at www.active.com, click on "Special Events" or pick up a brochure at the YMCA. Registration closes on October 21st. There are no race day entries. Register before October 11th to take advantage of the early entry fee! Fee includes a long sleeve tech shirt, regular tee for youth and 5K, pre and post race snacks and activities, chip timing, medals for all finishers, awards for top three overall masters and age division winners. All of the race proceeds will benefit the Westside Community YMCA Open Arms Campaign.



Three Ways to Register:

Online www.ymcaoflansing.org

By Phone **517-827-9670**

In Person **Westside Community YMCA**
3700 Old Lansing Rd., Lansing, MI 48917