



HIGHLAND ADULT PROGRAMS

WINTER/SPRING 2008 ADULT ACTIVITIES

FAMILY OPEN ACTIVITIES*

Mon. Family Swim 9-10am & 4-5pm Volleyball & Open Gym 5:00-9:30pm

Tue. Family Swim 9-10 am & 6-8pm & Open Gym 8-9:30pm

Wed. Family Swim 9-10am & 4-5pm Volleyball & Open Gym 5:00-9:30pm

Thur. Family Swim 9-10am & 6-8pm

Fri. NEW Family Fun Night 7-9pm

Sat. Adult Lap Swim 10-11am & Family Swim 11am-1pm

Fees: FREE to Full Facility Members

HEALTH & FITNESS

EQUIPMENT ORIENTATIONS*

Whether you are new to our facility or along time member a Wellness Center Orientation is a great way to learn all about our facility and everything it has to offer.

BE FITT (12 & OVER) PERSONAL FITNESS PROGRAM*

This twelve week program is designed for the beginning exerciser to the returning exerciser to help keep you focused on your fitness goals. This is a personal fitness program and our trainers will help you design an exercise plan to fit your personal goals. Our trainers will monitor your progress, assist with adjustments and help you find routes around the obstacles that are keeping you from achieving your desired results.

PERSONAL TRAINING

Allow our Certified Personal Trainers to give you that one-on-one attention you'll need to reach all of your health and fitness goals. For more information contact Jacki Daniel (Highland) 909-425-9622 x213, Healthy Lifestyles Directors.

Fees: 1 session \$45 4 sessions \$160 8 sessions \$240 *Full Facility Members Only*

GROUP EXERCISE –SPIRIT, MIND, & BODY*

Our GROUP EXERCISE classes will motivate and keep you moving! Our Group Exercise instructors are available to assist members needing modifications to any exercise or movement. You can choose from a wide variety of classes including strength, flexibility, stretching, toning such as Step Aerobics, Salsa Cardio, Hi/Lo Aerobics, Yoga, Pilates Mat classes, as well as Arthritis and Water Exercise Classes.

(See our Highland Group Exercise Schedule for specific days & times).

BALLROOM DANCE CLASSES*

Fees: Free/\$57

Days/Time: Wed 5-6 pm

Jan 08: Cha-Cha

Feb 08: Rumba & Waltz

March 08: Foxtrot & East Coast Swing

April 08: Tango & Mambo

May 08: Bolero & Salsa

*FREE to Full-facility Members.

For more information contact our Health & Fitness Director Jacki Daniel at 909-425-9622 or email us at jdaniel@ymcaeastvalley.org.