

WELLNESS FOR LIFE COACHING

This is a free 30 day program designed to support you in your pursuit of healthy living. You will meet with a Wellness Coach three times during the program and your coach will help guide you to set goals, safely introduce you to all the equipment, provide support, offer resources and tools, and help you along your wellness journey at the Y.

FREE for members ages 18 and older.

Register at our Member Service Desk and a Wellness Coach will get in touch with you. Wear loose fitting clothes.

WELLNESS CENTER ORIENTATION

Join us for a free 30 minute orientation to discover the Wellness Center and to get you started on your wellness journey. Learn how to safely use Cybex strength machines, cardio equipment and the free weight area.

FREE for members ages 18 and older.

Register at our Member Service Desk and a Wellness Coach will get in touch with you. Wear loose fitting clothes.

YOUTH FIT CERTIFICATION

This certification consists of one, 30-minute session with a Wellness Coach to learn proper techniques, Wellness Center rules and basic exercise guidelines. Completion of this program is required before using the Wellness Center independently.

FREE For members ages 12 - 15.

Register at our Member Service Desk and a Wellness Coach will get in touch with you. Wear loose fitting clothes.

Effective:
January - March 2018
Subject to change



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

**SPORTS AND WELLNESS CLASSES AND PROGRAMS
YMCA OF HARRISON COUNTY**

PERSONAL TRAINING*

A certified personal trainer will assess your fitness level and design effective programs based upon your needs. They will work with you in order to accomplish your personal wellness goals.



Michelle Wernert

Benefits to having a personal trainer include:

- Motivation from a fitness professional, who will design and monitor a personalized exercise program that will help you reach your fitness goals.
- Increase enjoyment and variety in your workouts by learning new exercises and strategies for making exercise fun.
- Avoid workout boredom by having a trainer challenge you to a new level of fitness.
- Having an individual and comprehensive approach toward weight loss, increased muscular strength, flexibility, and cardiovascular endurance.

**Personal Training
One-on-One Sessions:
\$40 per hour or \$175
for 5, one hour sessions**

Please note: Personal Training is only scheduled with Michelle in the mornings, Monday - Friday.

Exercise instruction allowed only by YMCA of Harrison County staff. Personal training and swim instruction allowed only by YMCA of Harrison County approved staff.



WELLNESS CENTER AGE REQUIREMENTS AND POLICIES

- 12 - 15, need to obtain YouthFit Certification to use free-weight area (see above).
- 12 and older, Cardio and Cybex areas only after obtaining a YouthFit Certification (see above).
- Under 12, accompanied by someone 16 or older and written doctor's note, Cardio/Cybex areas only.

GYM AND TRACK AGE REQUIREMENTS AND POLICIES

- Under 8, accompanied by someone 16 or older or with an organized Y program.
- Strollers permitted at any time on the track and 12 laps equals one mile.
- Please be courteous to others, follow lane markings, and use caution.

To receive Text Alerts from the YMCA of Harrison County, text the corresponding keyword to 84483.

To opt-out: text **STOP** to 84483. For more information: text **HELP** to 84483.
Expect approximately 4 messages per month. Message and data rates may apply.

Program/Class	Keyword
Land Based Group Exercise Classes	YHCGROUPEX
Youth Soccer	YHCYOUTHSOCCER
Adult Soccer/Futsal	YHCADULTSOCCER

YMCA OF HARRISON COUNTY
198 Jenkins Ct. NE, Corydon, IN 47112
P 812.734.0770 F 812.738.0721
www.ymcaharrison.org
contactus@ymcaharrison.org

GROUP EXERCISE CLASS DESCRIPTIONS

Please see the monthly Group Exercise Schedule for class days, times and room locations. Ages 12 and older, unless otherwise noted, may partake in group exercise classes.

Awesome Abs

This class will take you through a series of exciting exercises to keep your core in check. Develop your abs, lower back and oblique's in just 15 minutes.

BodyPump™

The original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP™ is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. The cutting-edge BODYPUMP™ choreography, and chart-topping music is refreshed every three months, so with your choice of weight and highly-trained instructors, you can get the group effect and the results you've been looking for!

Core de Force

Mixed martial arts combinations (boxing, kickboxing, and Muay Thai) along with bodyweight moves and cardio spikes, to give a total body workout that is core-focused. You'll burn major calories while carving your waist. No equipment necessary.

Country Heat

When was the last time you actually had FUN trying to lose weight? Country Heat changes everything! It's great country music – and by great, we mean GREAT – and the moves are simple line dance-inspired. Yes, SIMPLE! So if you want to lose weight but have been waiting for the simple, fun program without burpees, pull-ups, or hip-hop backflips...You're gonna LOVE Country Heat. Turn it up to burn it off! Set to chart-topping country music, the moves are so easy it's like walking, but way more fun.

Gentle Yoga

Designed for beginners as well as those with injuries; the class emphasizes stretching to increase flexibility, coordination of breath and movement, and attention to alignment. Props, such as blocks, bolsters, blankets, belts, and chairs are used for safe practice and to allow the body to fully achieve each position comfortably. Class is slower paced for a relaxing, restorative experience, but open to all levels.

Group Cycling

A superior cardiovascular workout which incorporates different levels of resistance, speed, and intensity. Participants are encouraged to cycle at their own ability level.

INSANITY®

A revolutionary cardio-based total-body conditioning program based on the principles of MAX Interval Training. MAX Interval Training allows a person to beat the stress adaptation response, which normally happens when your body gets used to exercising at one level of exertion. The result of this is halting your progress on your fitness improvement journey. By using MAX Interval Training, INSANITY® pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism. INSANITY's interval training is the pinnacle of cardio training.

MAT PILATES

An exercise system of movements that uses the mind and the body to enhance muscular strength, improve flexibility and overall health and wellness. Pilates movements requires control of your own body to properly execute a few repetitions during exercise. Finally, developing subconscious habits of coordinated movements, core stability, enhanced posture that improves activities of daily living and help to avoid injury.

PILATES

An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates transforms the way your body looks, feels and performs. Focusing on spinal alignment and strengthening abdominal and back muscles, Pilates builds strength without excess bulk, creating a sleek and toned body. Appropriate for all fitness levels.

REFIT®

REFIT® combines several elements of fitness into one power-packed hour. While the focus is structured around CardioDance movements, toning, and flexibility, strength training and stretching are also incorporated into the REFIT® workout. The workout formula is easy to follow and will both challenge fitness enthusiasts and welcome beginners.

R.I.P.P.E.D.

Want to lose inches and increase your metabolism? Not satisfied with your workouts? R.I.P.P.E.D. is what it takes! R.I.P.P.E.D. is a "Plateau Proof Fitness Formula" that masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet.

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

Strengthen and Lengthen

This is a Power Vinyasa Yoga class that is suitable for all levels. It's a powerful, energetic, and playful style with a strong emphasis on breath and proper alignment. The class will feature current music to keep you moving while torching calories, cleansing the body, strengthen muscles, and clearing the mind. The dynamic mix of athleticism and spirit that is cultivated in each class will challenge you to step out of your comfort zone, unlock your hidden potential, and live your own extraordinary life as you work up a sweat and engage new muscle groups. There's plenty of room for beginners, intermediate, and advanced participants to be challenged in the same class.

Women on Weights (WOW!)

Join other motivated women for abs and core training, strength and endurance drills, jogging, calisthenics, and more in this morning class geared to give results.

Yoga

This yoga class is for all levels of yoga enthusiasts and will bring balance, strength, and focus to your day.

Zumba®

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party! Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective, and totally exhilarating!

Zumba Gold®

Zumba Gold® is an easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for the active older adult, true beginner, or anyone seeking a modified approach!

Zumba® Toning

Combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness-party. Participants learn how to use light weights to tone all their target zones, including arms, abs, and thighs. Zumba® Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.

WELLNESS PROGRAMS

NEW YEAR NEW YOU SUPPORT GROUP

Join our support group for getting healthy and/or losing weight. Participants will hear weekly guest speakers and learn about goal setting, meal prepping, nutrition, and weight management. Weekly weigh-ins will take place. For ages 12 and older. The group will meet every Thursday, January 4 – February 15 at 6:30 p.m. in the First Harrison Bank Room.

Member: \$25
Participant: \$30

GRIEFSHARE

It hurts to lose someone. Find help at GriefShare led by volunteer, Elizabeth Cato. GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. Griefshare will meet on Tuesdays, March 13 – May 29, from 6 – 7:30 p.m. in the conference room at the Y. This is a free program for all ages.

ADDITIONAL WELLNESS PROGRAMS ON BACK.

SPORTS PROGRAMS

SPRING YOUTH SOCCER

Important information For All Age Groups (unless otherwise noted)

Fees include a T-shirt and team participation award. Practices begin March 26 and games are played at the Y beginning Saturday, April 7 from 8 a.m. – approximately 1 p.m. Teams will practice 1 – 2 times in the evening, during the week. Make-up games may be played on weeknights. The season will end June 9, weather permitting. Each player should wear shin guards, soccer cleats, and no jewelry. All age groups are co-ed, depending on registration.

There will be a coaches meeting, with rosters and schedules/field prep day on March 17. Pictures will be taken on April 14.

3 Year Old Age Group

Children, 3 years of age, will be introduced to the basic concept of soccer through various activities in which they will rotate through over the course of an hour per week in the evenings. These activities will allow them to begin learning skills such as shooting, ball control, and passing. There will be no Saturday games or participation awards for the 3 Year Old Age Group but they will receive a shirt.

Early Registration (Jan. 15 – Feb. 16)

Member: \$35 per child
Participant: \$45 per child

Regular Registration (Feb. 17 – Mar. 9)

Member: \$40 per child
Participant: \$50 per child

U6, U8, and U10 Age Groups

This skill developing program promotes soccer basics in an environment which encourages fun, character development, and social responsibility. Parent involvement is encouraged.

U6 – U10 age group is for ages 4 – 5 (U6), 6 – 7 (U8), and 8 – 9 (U10). Age of child by June 1 will be the age group in which they participate.

U10 league may have some traveling games.

U8 and U10 age groups will have a skills assessment on March 10, 10 a.m. – noon.

Early Registration (Jan. 15 – Feb. 16)

Member: \$55 per child
Participant: \$70 per child

Regular Registration (Feb. 17 – Mar. 9)

Member: \$60 per child
Participant: \$75 per child

U12 and U14 Age Group

This age group will play in a travel league against clubs in the Southern Indiana area. Fees for this age group include a jersey and Indiana Youth Soccer Association (IYSA) league fees (no participation award given).

U12 age group is for ages 10 – 12 years old. U14 age group is for ages 13 and 14. Age of child by June 1 will be the age group in which they participate.

U12 and U14 age groups will have a skills assessment on March 10, 10 a.m. – noon.

Early Registration (Jan. 15 – Feb. 16)

Member: \$70 per child
Participant: \$85 per child

Regular Registration (Feb. 17 – Mar. 9)

Member: \$75 per child
Participant: \$90 per child

PICKLEBALL

A combination of tennis, badminton, and ping pong, pickleball is a fun and fast growing sport for all ages. See monthly gym schedule for days and times.

TAEKWONDO

Designed to increase cardio-respiratory fitness, reduce stress, improve flexibility, and develop the spirit, mind, and body. For ages 7 and up. New sessions begin each month. Taekwondo takes place in the Heritage/Limeberry rooms. Classes take place: Mondays and Wednesdays, 6:30 p.m. – 8:30 p.m. Please note: Taekwondo is NOT prorated monthly.

Member: \$35 per month per person

Participant: \$50 per month per person

TAI CHI FOR ARTHRITIS*

Tai Chi for Arthritis is based on Sun style tai chi that is an exercise which improves relaxation, vital energy, and its ability to improve mobility and balance. The program contains a carefully constructed set of warming-up and cooling-down exercises, Qigong breathing exercises, a Basic Core six movements, an Advanced Extension six movements, and adaptations of the movements for older adults. Also incorporated into the program is a safe and effective teaching system instructed by Rick Haines. For ages 18 and older.

Tuesdays and Thursdays, 8:30 a.m. – 9:15 a.m.

Sessions takes place:

February 6 – March 15

March 20 – April 26

May 1 – June 7

August 7 – September 13

September 18 – October 25

October 30 – December 6 (no class on Nov. 22)

Takes place in the Shireman Studio.

Member/Participant: \$45 per person

***Asterisk indicates program is NOT eligible for financial assistance. Financial Assistance is available for a variety of programs and YMCA membership.**

POKEMON CLUB

Pokemon players, ages 4 and older, are invited to join us every other Saturday from 10 a.m. to 1 p.m. at the Y for Corydon's official Pokemon League. All attendees will receive their very own individual Pokemon Organized Play! Trainer ID free of charge and will receive season play points for attending.

Children under the age of twelve must be accompanied by an adult. The club has no fees but registration is required. Participants should bring their own cards and games. Club will meet in the First Harrison Bank Room.

Specific questions can be sent to Jahn Knight (club organizer) at spellitright@gmail.com or on Facebook, Corydon, IN Pokemon League.

2017-2018 Pokemon Club Dates

December 2017, 9 and 23

January 13 and 27

February 10 and 24

March 10 and 24

April 7 and 21

May 5 and 19

June 2, 16, and 30

Pokemon Club Age Divisions

Junior: 4 – 11

Senior: 12 – 15

Master: 16 and older

