

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 60 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 at least one, 60 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:
April - June 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.

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.

Personal Training One-on-One Sessions:

Member: \$40 per hour or \$175 for 5, one hour sessions
Participant: \$45 per hour or \$200 for 5, one hour sessions



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.ymaharrison.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.

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.

Power Yoga

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.

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.

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.

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

April 7 and 21
May 5 and 19
June 2, 16, and 30
July 14 and 28
August 11 and 25

Pokemon Club Age Divisions

Junior: 4 - 11
Senior: 12 - 15
Master: 16 and older



SPORTS PROGRAMS

ADULT OPEN GYM VOLLEYBALL

In April, May, and June, we'll setup our volleyball net on Mondays, Wednesdays, and Fridays, from 6 - 8 p.m. in the gym for some adult recreational volleyball play. No registration required. Participants 18 and older are welcome to play. There will be no reserving of the court.

ADULT SUMMER SOCCER LEAGUE*

Consists of 8-vs-8 on small sided fields. Games will be played outside on Saturday mornings June 16 - August 4 with a tournament running August 11 - August 25. Each player should wear soccer cleats and shin guards. And teams must wear matching jerseys with numbers on the back. The designated coach of each team should turn in all completed registration forms and payment at one time for registration. No players will be allowed to register after July 7. League is open to ages 15 and older. Must have 6 teams for league to run.

Member: \$50 per person

Participant: \$55 per person

Registration takes place April 1 - June 8.

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.

THE BIG PICKLE MATCH

The first Monday of each month, Pickleball players may try their skills in a round robin match to become "The Big Pickle" for the month. All participants should meet in the gym at 9 a.m. for pairings. The tournament will begin at 10 a.m.

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

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

CRIBBAGE CLUB

The Southern Indiana Cribbage Club will meet the 2nd and 4th Friday of each month from 6:30 - 8:30 p.m. in the First Harrison Bank Room at the Y. There is no fee associated with learning or playing and the club is open to everyone. There is no minimum age, but basic math is required. Youth 12 and under will need an adult to stay with them. All game components will be provided. Find us online: facebook.com/groups/IndianaCribbage. Visit Cribbage.org for more information about the game. For questions, contact IndianaCribbage@gmail.com.

COMPUTER CLASS FOR SENIORS

This free class, led by Edward Jackson, is for those who would like to be more comfortable using their computer. Participants should bring a Windows based laptop. The class will cover how to chose a password that will meet the requirements of any site, how to save a file, how to download a file or program, how to copy and paste, and using the internet. The class is limited to six and will meet on Thursdays at 10 a.m. For questions, please call Edward at 812.572.2854.

VETERAN'S COFFEE SOCIAL

Veterans are invited to join us for a FREE coffee social on Tuesday, May 8, 9 a.m. - 11 a.m. in the First Harrison Bank Room at the Y. Coffee and light refreshments will be served as you learn more about how the Harrison County Veteran's Service Office can best service your needs.

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:

May 1 - June 7

Takes place in the Shireman Studio.

Member: \$45 per person

Participant: \$50 per person

VOLLEYBALL CAMP

Summers Montgomery will instruct a Volleyball Camp for ages 5 - 11, June 11 - 15. Ages 5 - 8 will take place from 10 - 11 a.m. and ages 9 - 11 will take place from 11 a.m. - noon. Participants should wear good tennis shoes, t-shirt, and shorts. Knee pads are not necessary.

Member: \$25 per person

Participant: \$35 per person

Registration will take place May 7 - May 25.

ULTIMATE FRISBEE LEAGUE*

Consists of 7-vs-7 fast-paced, co-ed games played on Thursdays at 6:30 p.m. on our lower level soccer fields. A competitive league but new players encouraged. Season runs June 7 through July 26. League is for ages 14 and older. All players need to wear sturdy and comfortable shoes.

Member: \$20 per person

Participant: \$25 per person

Registration takes place April 1 - June 8.

WELLNESS PROGRAMS

SUMMER READY CHALLENGE

Get ready for Summer! Join us Thursday evenings, April 5 - May 10, 6:30 p.m. - 7:30 p.m. for a get-moving activity, weigh-in, and some information on how to feel more energized and live a healthier lifestyle. Body compositions and measurements will be taken the first and last week of the challenge. Participants are encouraged to take before and after photos of themselves to see their progress. This is a FREE challenge for members. Daily guest fee will apply for participants. The challenge group will meet in the First Harrison Bank Room at the Y. Registration required and opens April 1.

MOMMY AND ME GET MOVING

Engage in some fun-filled activities for you and your kids as a celebration for Mother's Day! Make it a date night with your little ones and join us for an evening of activities such as the wheelbarrow race, three-legged race, and more. We'll see who has the best dance moves as one of our instructors leads you in some upbeat and engaging songs. We'll see you on Friday, May 11, 6:30 p.m. - 8 p.m. Takes place in the gym and the Heritage/Limeberry Room. Registration required and takes place April 1 - May 11. Purchase an event shirt for \$10 per person (optional).

STROKE AWARENESS

Join us for a FREE Stroke Awareness presentation by Southern Indiana Rehab Hospital on Tuesday, May 15 at 10 a.m. in the First Harrison Bank Room at the Y. Light refreshments will be provided.

ADDITIONAL WELLNESS PROGRAMS AND CLASSES ON BACK.