

Effective:
January - March 2019
Subject to change

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.



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

SPORTS AND WELLNESS CLASSES AND PROGRAMS



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.

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.



Summers Montgomery



Michelle Wernert

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 before obtaining YouthFit Certification, 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.

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.

Slow Flow Vinyasa Yoga

A form of yoga that links the breath, movement, and poses together in a dance-like way. Sometimes referred to as Flow Yoga, reflecting the emphasis on the movement, or ebb and flow, between poses. The breath is given primacy, acting as an anchor as you move from one pose to the next. This is one of the most popular contemporary styles of yoga.

Strength Train Together

This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses, and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best.

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@ 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.

SPORTS AND WELLNESS PROGRAMS

Active Old Adults (AOA) POTLUCK

Bring a dish to share, recipe included, and join the group for fellowship and fun. Since February is focused on healthy hearts, let's challenge ourselves to bring some heart healthy dishes. The Y will provide all tableware and water. We'll also celebrate those with birthdays in January, February, and March. The potluck is Tuesday, February 5 at 12:30 p.m. in the First Harrison Bank Room at the Y.

DAVE RAMSEY'S FINANCIAL PEACE COURSE

The course that gives you hope for freedom from debt, stress and worry. Communicate in Marriage. Build a Legacy. Plan For Your Future. Dump Debt. Win With Money. Features: Track Spending With Our Budgeting Tool, Learn From Life-Changing Lessons.

The course will take place on Tuesdays, 6:30 p.m. - 8 p.m. January 15 - March 12 in the First Harrison Bank Room at the Y.

To register, or for specific course information, visit www.fpu.com/1077626. This course is sponsored by the IFOC Chaplains.

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, April 2 - June 18, from 6 - 7:30 p.m. in the First Harrison Bank Room at the Y. This is a free program for all ages.

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

SPORTS AND WELLNESS PROGRAMS CONTINUED

KICK START YOUR HEART

Start February off with a kick start to heart healthy exercises! Don't let those New Year resolutions die! Join our Group Exercise Instructors with these fun and challenging mini classes that are sure to get your heart pumping! Saturday, February 2, 9 a.m. - 11 a.m.

Member: No Fee

Participant: Daily Guest Fee Applied

NEW YEAR NEW YOU SUPPORT GROUP*

Join our January Get Healthy Challenge and start the New Year with healthy goals! Receive accountability, motivation, support, and tips on healthy eating and exercise.

The challenge will include:

- A Y workout log book to track your exercise, weight, body mass index (BMI), body fat percentage, and meals.
- A kickoff meeting on Thursday, January 3 at 6:30 p.m. in the First Harrison Bank Room at the Y.
- A closed Facebook accountability group for motivation throughout the week and healthy recipes.
- Weekly weigh-ins with BMI and body fat percentage readings at the beginning and end of the challenge.
- End of challenge meeting on February 14 at 6:30 p.m. in the First Harrison Bank Room at the Y.
- WEEKLY PRIZES! And a GRAND PRIZE for weight loss and best overall body fat percentage change.
- Guest speakers on meal prepping, nutrition, and more!

For ages 12 and older.

Member: \$25

Participant: \$40

ONE CHURCH

Forgive excessively, love extravagantly, worship passionately, and reflect Christ continuously is the mission of One Church. One Church addresses the areas in our lives that exercise equipment, the pools, or even a walking track can't fix. But God can! He cares about you and wants you to be fit and strong. Let's come together, to lean on Christ and workout our spiritual muscles as well. Service takes place in the First Harrison Bank Room on Sundays at 10 a.m.

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. Want to learn the game?

Pickleball Challenge Court: Court 4 (North side closest to entry doors)

The rules are you win, you stay but for only two games in a row, challengers will stack paddles when in queue, and all calls will be based on good sportsmanship and the current rulebook. Once the winning team has played their two games in a row or loses, they can join back in as long as they stay in queue. A sign indicating Challenge Court will be mounted on an end post of the net. The matches will be mixed or regular doubles. Age brackets are not established. Time for challenge court is 9:00 am-11:30am; Mon-Friday.

Pickleball Beginner lessons:

The other two courts are open to any level, any skill. On Tuesday and Thursday there is a lesson timeslot for beginning players between noon - 2 p.m. by appointment at the Service Desk with Lana. This is a basic skills class. Informally, there have been new player games usually after 11:30am; Monday through Friday.

PRIVATE VOLLEYBALL LESSONS*

Private Volleyball Lessons are perfect for players trying to get the most out of the game of volleyball. For ages 12 to 18, this individual attention from Summers Montgomery, will allow you to achieve your goals faster than any other method of training. Knee pads and volleyball shoes are highly recommended. Lesson days and times will be arranged by emailing CEO, Roger Corley at rcorley@ymcaharrison.org and Interim Sports Team Lead, Matt Scott at mccott@ymcaharrison.org.

Member: \$50 per hour

Participant: \$65 per hour

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.

2019 Pokemon Club Dates

January 12 and 26
February 9 and 23
March 9 and 23
April 6 and 20
May 4 and 18

Pokemon Club Age Divisions

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

SPRING YOUTH SOCCER

Fees include a T-shirt and team participation award. Practices begin April 1 and games are played at the Y beginning Saturday, April 13 from 8 a.m. - approximately 1 p.m. Teams will practice 1 - 2 times in the evening (except 3-4 year olds), during the week. Make-up games may be played on weeknights. The season will end June 8, 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 NO games on May 25.

There will be a parent meeting on March 30 at 10 a.m.

There will be a coaches meeting/clinic on March 16 at 10 a.m. All coaches must have concussion training and child abuse prevention training in order to coach. These trainings will be provided by the Y or can be found via <https://ymcaharrison.org/coaches-corner/>. Coaches should bring in their certificate of completion to the coaches meeting.

Age of child by April 1 will be the age group in which they are placed.

Early Registration (Jan. 14 - Feb. 15)

Member: \$55 per child

Participant: \$70 per child

Regular Registration (Feb. 16 - Mar. 8)

Member: \$60 per child

Participant: \$75 per child

Late Registration (Mar. 9 - Mar. 15)

Member: \$80 per child

Participant: \$95 per child

3 - 4 Year Old Age Group

Children, 3 and 4 years of age, will practice for 30 minutes and then play a 30 minute game on Saturdays. This will introduce them to the basic concept of soccer through various activities. These activities will allow them to begin learning skills such as shooting, ball control, and passing.

5 - 13 Year Old Age Groups

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

This group will be broken into ages 5 - 6, 7 - 8, 9 - 10, and 11 - 13.

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