JOIN THE FITNESS MOVEMENT

YMCA OF LAUREL HIGHLANDS
Winter/Spring 2018-2019 Brochure

490 Bessemer Road • Mount Pleasant, PA 15666
724–547–YMCA(9622) www.ymcalh.org
The YMCA is a cause-driven organization that is for youth development, for healthy living and for social responsibility.

Youth Development
Nurturing the potential of every child and teen:
- The Y offers a wide variety of recreational and sports programs for children of all ages
- The Y-Tot program has been helping children have the basic skills for kindergarten for nearly 40 years
- The core values of Caring, Honesty, Respect, and Responsibility are taught in all Y programs

Healthy Living
Improving the nation’s health and well-being:
- The Y’s Group Exercise classes are enjoyed by adults of all ages and fitness levels
- Over 300 YMCA members ages 12 and up use the Y’s Fitness Center as part of a healthy lifestyle
- The YMCA offers a wide range of programs geared towards Active Older Adults

Social Responsibility
Giving back and supporting our neighbors:
- Last year over 225 people volunteered for the Y, coaching teams, serving on committees, and helping with special events
- The Y’s Make-A-Difference Club, a program that teaches middle school students the importance of public services has been helping local organizations for 5 years
- The YMCA provides support to other charitable organizations: American Cancer Society, the Boy Scouts of America, the Girl Scouts, and local schools both public and private.
- For 125 years the Y has been proud to say that no one is denied access because of financial reasons. In 2018 the Y subsidized over $120,000 in programs and membership services.

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- Health & Fitness/Adult Fitness Page 10 & 11
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- Muscle Mayham/Diabetes Prevention Page 14 & 15
- Adult Programs Page 16 & 17
- Active Older Adult/AOA Group Exercise Page 18 & 19
The YMCA is open to all persons, regardless of age, sex, race, religion, income or ability. Financial aid is available.

There will be no service charge on monthly bank/charge draft payments.

The YMCA is not responsible for personal belongings that are left in lockers.

The YMCA reserves the right to cancel any class/program that does not meet enrollment requirements.

There will be a $15.00 charge on all returned checks and insufficient bank drafts.

MEMBERSHIP RATES

<table>
<thead>
<tr>
<th>MEMBERSHIP TYPE</th>
<th>ANNUAL FEE</th>
<th>BANK/CHARGE DRAFT</th>
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</thead>
<tbody>
<tr>
<td>YOUTH (18 &amp; under—if 18, must be student)</td>
<td>$186.00</td>
<td>$15.50</td>
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<tr>
<td>YOUNG ADULT (18-25 years)</td>
<td>$324.00</td>
<td>$27.00</td>
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<tr>
<td>ADULT (26 &amp; over)</td>
<td>$468.00</td>
<td>$39.00</td>
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<tr>
<td>SINGLE PARENT FAMILY (Widowed or Divorced)</td>
<td>$570.00</td>
<td>$47.50</td>
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<tr>
<td>FAMILY</td>
<td>$702.00</td>
<td>$58.50</td>
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<tr>
<td>SENIOR CITIZEN (62 and older)</td>
<td>$432.00</td>
<td>$36.00</td>
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<tr>
<td>SENIOR CITIZEN FAMILY (Both 62 &amp; older)</td>
<td>$573.00</td>
<td>$47.75</td>
</tr>
</tbody>
</table>

There will be a $50 joiner fee due at time of sign-up for all memberships except youth & young adults.

For Bank/Charge Draft users, there will also be a pro-rated payment due.

MEMBERSHIP POLICY

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HOLIDAY CLOSINGS

<table>
<thead>
<tr>
<th>Date</th>
<th>Holiday</th>
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<tbody>
<tr>
<td>January 1, 2019</td>
<td>New Year’s Day</td>
</tr>
<tr>
<td>April 19, 2019</td>
<td>Good Friday</td>
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<tr>
<td>April 21, 2019</td>
<td>Easter</td>
</tr>
<tr>
<td>May 27, 2019</td>
<td>Memorial Day</td>
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REFUND POLICY

Membership & program fees are non refundable

If the YMCA cancels a program, credits or refunds will be issued in full.

If a participant cancels enrollment in a program prior to its start, the YMCA will issue a credit only, minus a 25% processing fee.

In case of medical emergencies, a refund will be issued for the remaining classes. A doctor’s note must be presented to receive the refund.

YMCA and the UNITED WAY

As members of the YMCA, you should know that we are one of the Westmoreland County United Way members. As such, we have seen and experienced the benefits of joining with 89 other agencies in one community appeal. We urge you to continue to support all of us through your generous contributions to the Community Solutions Fund.

However, if you decide to designate, please consider channeling part of your gift to the Regional Family YMCA. Thank you!

OUR CODE NUMBER IS 463

Through the United Way and your assistance, we are able to make this YMCA the best it can be and help serve this community and our membership to our fullest potential.

Mission Statement “To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.”
MEMBERSHIP

YOUR YMCA MEMBERSHIP INCLUDES:

♦ State of the art fitness center.
♦ Complete free weight area.
♦ Personal trainers on staff. *(Free initial assessment, personal exercise program and equipment orientation.)*
♦ Full Court gymnasium.
♦ 1/3 mile outdoor track.
♦ Soccer and softball fields.
♦ Fully equipped locker rooms.
♦ Group Exercise classes **free** with membership.
♦ Handicap accessible.
♦ Outdoor children’s play area.
♦ Childwatch (Times and fees on page 6).
♦ Member discounts on most programs.

490 Bessemer Road
Mt. Pleasant, PA 15666
724-547-9622
ymcalh.org
RENTAL AREAS:

For your convenience, the Regional Family YMCA offers the following facilities for you, your family and the community:

MEETING ROOM
$30.00 per hour
TV/VCR/DVD Available.

GYMNASIUM
Full Court
$75.00 per hour
(can be divided into two program areas)

Half Court
$50.00 per hour.

OUTSIDE PAVILION
$125.00 for use Monday through Friday
$150.00 for use on Saturday and Sunday
Restrooms and kitchen available.
Volleyball Net, Horse Shoe Pits and Bocce Courts are also available.

For reservations and more information
Call 724-547-9622
The YMCA Summer Fun Day Camp program offers two camps. One for campers who have completed grades kindergarten-2 and the second for children who have completed grades 3-7.

The Day Camp program gives parents a safe, fun place for their child to learn and have a great experience during the summer months. The YMCA offers 3-day and 5-day programming. The camps provide age-appropriate games, sports, crafts and other fun, interactive activities. Campers will enjoy outdoor activities and weekly fieldtrips. The Day Camp staff is well trained and ready to assist your child in a variety of fun, learning experiences and activities.

YMCA of Laurel Highlands
490 Bessemer Road, Mt. Pleasant
724-547-9622
Child watch is available for children of Regional Family YMCA members who are using YMCA facilities. Our child watch area is equipped with numerous toys, books and activities. The fee is $1.50 per hour, per child, with a one-hour minimum. Children must be 2 months of age to 10 years old to be cared for in our child watch area. Parent information sheet available from child watch staff.

**Monday through Friday**  8:45-11:45 am  
**Monday through Thursday**  5:00-7:30 pm  
**Saturday**  9:00-11:45 am

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**LITTLE TOTS PLAY DAY**

Little Tots is a special program designed for 2 year olds. The experience in this class will give your child the opportunity to make new friends and will provide cultural, social, and recreational activities that will enhance their learning experiences and acquaint the very young child with the primary skills of interacting with other children their age. Program includes storytelling, music, group activities, simple crafts, and time for free play. Enrollment is limited and requires a $25.00 registration fee.

**Held at the YMCA**  
Tuesday & Thursday  
9:30 a.m. until 11:30 a.m.  
Or  
12:00 p.m. until 2:00 p.m.

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**Y-TOTS**

Y-Tots is a structured, educational preschool program which provides children with positive learning experiences through fun, hands-on activities and a curriculum which prepares them for Kindergarten. Our curriculum includes early literacy experiences, number and math concepts, music, movement and art as well as social skills and character development. While common goals are stressed, individual goals will be developed based on the strengths and needs of your child. Our goal is to make learning fun!

Classes are offered on Monday, Wednesday and Friday for Pre-Kindergarten children; and on Tuesday and Thursday for 3 & 4 year olds. Schools are located at the YMCA and in Scottdale. Class enrollment is limited and a registration fee of $25 is required. Monthly tuition varies by class.

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**BEFORE & AFTER SCHOOL PROGRAM**

The YMCA Before and After School Programs are located in the Southmoreland Elementary School in Scottdale and in the Norvelt Elementary School. The program is designed for students attending Southmoreland School District in grades K-5 and students attending Norvelt in grades K-6. The Before and After School Programs are state-licensed and include structured games & activities, creative arts & sports as well as time for free play and homework.

The Before and After School Programs are offered Monday-Friday from 6:30 am to 8:30 am and 3:30 pm to 6:00 pm. The programs extend care during snow delays and early dismissals.

There is a $25.00 registration fee and an orientation is required prior to each child’s start date. ELRC funding is available for families who qualify.
YOUTH ASSESSMENT—Member Only

This assessment will determine the fitness status of youth ages 12–16. Recommendations for exercise programs, maintenance and/or improvement in health/fitness status will be discussed.

Competition/sport specific conditioning programs available for athletes and teams, and weekend warriors.

Make an appointment with our fitness staff to learn what your baseline fitness level is.
Assessment is suggested but not required.

Members - Free Non-Members - $25

YOUTH WEIGHT TRAINING AND FITNESS CENTER ORIENTATION

Open to members only! Youth 12–16 years of age.

Make an appointment for a hands on instruction session to familiarize yourself in regards to the fitness center equipment rules, and regulations. Youth begin with body resisted workout, also basic lifting techniques and safety will be emphasized. After youth have gone through orientation, they may workout independently, in the fitness center.

ALL YOUTH MUST GO THROUGH ORIENTATION PRIOR TO GAINING FITNESS CENTER PRIVILEGES.

YOUTH FITNESS CENTER/RULES AND REGULATIONS

Youth age 12–14 years wanting to utilize the fitness center must adhere to the following:

Must complete youth weight training orientation.

Parent & youth must sign agreement form along with parent signature at completion of orientation.

Must review and follow all YMCA and fitness center rules, regulations and code of conduct.

May workout independently during open hours.

Must wear lanyard with attached membership card while in fitness center.

Children/Youth age 11 and under are not permitted in the fitness center.

Call 724-547-9622 to schedule a fitness center orientation.
Y ROOKIES SOCCER & BASKETBALL (Ages: 3–4–5)
Learn the basics of the game and have fun at the same time. All participants will have one class weekly. Class size is limited to 10 participants per class.

Y WINNERS SOCCER & BASKETBALL (Ages: 6–7–8)
YMCA Y-Winners Program provides a solid foundation for character development, personal fulfillment, teamwork, and fair play; values intended to last a lifetime. Y-Winners is a great program to start or to increase your basic skill development. Your children will learn basic skills, refine the skills they already possess, and learn rules and positions.

YOUTH VOLLEYBALL (Grades: 4–5–6)
SERVING UP FUN Youth volleyball is an exciting sport combining team play and individual skills. An instructional program where participants learn the basics of setting, bumping and serving.

New Sessions for Y Rookies, Y Winners and Youth Volleyball begin in January

For more info contact Erica Davis, Program Director at Erica.davis@ymcalh.org or call the Y

The YMCA
“Make-A-Difference Club”
Grades 6th, 7th, 8th

Have fun with friends while making a difference in the community.

No Fee to belong!

Join a club that chooses to be the difference!
Join a club that really does make a difference. The YMCA’s club is for kids who want to become involved members of the community. Through monthly get togethers, members will choose volunteer projects that the group will develop, organize and make happen. The core YMCA values of caring, honesty, respect, and responsibility will be brought to life through fun projects that benefit both the participants and the community.

Call the YMCA for more information!
FITNESS STAFF:
Bea Jarbeck-Burk, M.ED., ATC, CPT- Director of Fitness
Bea is the YMCA of Laurel Highlands Director of fitness with a Master’s Degree in Health Education, from Penn State University. Bea coordinates the health and fitness programs, and staff. Certified in Athletic Training, Personal Training and Group Exercise. Bea works with the YMCA membership, teaches group exercise classes, provides personal training to the members and is the community liaison for health and fitness programming.

ALL STAFF ARE CERTIFIED IN CPR, FIRST AID & AED

FITNESS STAFF
- Matt Arrotti
- Riley Bocan, CPT
- Dan Boring, CPT
- Joe Connell
- Nadia Elkettani, CPT
- Brett Fess
- Sarah King, CPT
- Joyce Prutz
- John Yester

GROUP EXERCISE STAFF
- Karen Bandemer
- Holly Chenoweth
- Annaleta Cunningham
- Jimi Evans
- Bea Jarbeck-Burk
- Tammy Keefer
- Janell Klatt
- Anita Komarny
- Julie Lindstrom
- Janet Loucks
- Mia Means
- Amy Moody
- Phil Mickens
- Angie Premus
- Amy Pushkis
- Joyce Prutz
- Peg Schafer
- Ashlee Schroyer
- Steve Simon
- Patti Thomas
- Missy Troxell

ADULT FITNESS ASSESSMENT – For YMCA Members Only
Make an appointment to learn what your baseline fitness level is. For Ages 17 and up.
Parameters Tested are: Heart Rate • Blood Pressure • Cardiovascular Testing • Strength • Flexibility
Body Weight • Body Fat Assessment

NEW MEMBERS RECEIVE
1. Two Fitness Assessments – An initial assessment will determine your current fitness status and will provide you and the YMCA staff with baseline information. A comparison assessment is done 16 weeks after your assessment.
2. A individually designed workout program.
3. Meet with fitness coach every 4 weeks for the 16 week program for workout progression.
4. Orientation to fitness center facility, equipment, rules/regulations.
5. New Member Information Packet.

Member Fitness Appointments
Personalized workout sessions with a certified trainer are a safe and effective way to help you reach your goals. Our sessions can encompass cardiovascular exercise, resistance training and flexibility into an individualized goal-oriented program to improve your activities of daily living, or improve your overall fitness status for a specific activity or sport. For maximum benefit why not work out with a professional certified trainer.

At the YMCA of Laurel Highlands we offer personal training in several forms and formats. Together we will determine what will work the best for you. It’s your life and your goals, we’re here to help!

**Personal Training**
- Baseline & follow-up fitness assessment
- Short & long term fitness goal setting
- Resistance training
- Cardiovascular training
- Plyometric, agility, & power training

**Our trainers are experts in customizing training sessions to:**
- Improve overall health & fitness
- Train from couch to 5K
- Improve sport performance & training
- Complete a fitness challenge
- Reach your fitness goals
- Partner with a friend to train together

For best results combine Personal Training with Nutrition Consult

**Nutrition Consult:** Missy Troxell, RDT
Personalized nutrition consults are an effective way to promote a positive lifestyle change through:
- past & current dietary review
- food log maintenance & review
- short & long-term nutrition goal setting
- tips for food shopping and menu planning

Our GOAL is to provide you with the tools and training needed to make lifelong fitness and dietary change to help you reach your goals and improve your life!

**WEIGHT LOSS PROGRAM**

Bea is Certified as a Personal Trainer and Athletic Trainer and is the YMCA Director of Fitness
Sarah is Certified as Personal Trainer, Health Specialist, Nutritionist, Health Consultant and Corrective Exercise Specialist

Start the New You this New Year with this amazing 8 week program, beginning January 12, 2019 which provides each participant with personal and professional guidance. Each session includes 1/2 hour group workout, 1/2 hour educational presentation & 15 minutes participant discussion, and personalized plan for the week.

**Program benefits include:**
- Baseline and follow-up Fitness Assessment
- Weekly group workout
- Individualized Nutritional Support and Consulting
- Personalized guidance
- Herbal Consultation
- Digestive health assessment
- Support after the 8 week program ends

Register at the YMCA Front Desk or online at ymcalh.org (Nutrition Tab) Deadline to register January 8, 2019 No Exceptions

**TIME:** 8:30-10:00 am for 8 consecutive Saturday Sessions
**FEE:** Members $75 Non-Members $125

Wear comfortable loose fitting exercising attire and bring indoor tennis shoes and water bottle each session
Y RIDE/Y ROW

Y ROW – INDOOR ROWING CLASSES

Whether you already row or are considering rowing to keep in shape, lose weight, cross-train for another sport, compete on the water or rehabilitate from injury or surgery, rowing is the complete exercise for you. Arms, legs, chest, back, abs – even your mind. Your whole body gets a complete workout from the efficient, rhythmic motion of rowing. Rowing is such a great exercise in so many different ways.

- Low-impact (easy on the knees and ankles)
- High calorie burner (because it uses so many muscle groups)
- Great for joint health (joints move through a wide range of motion)
- Upper body (completes the stroke)
- Lower body (the legs initiate the drive)
- Works the back and abs too!
- Superb aerobic fitness (great for cardiovascular fitness)
- Relieves Stress (for overall health and well-being)

This is different from the rowing you may have done as a kid in a rowboat. The difference lies in the sliding seat. Your legs compress and extend with every stroke – in addition to the more obvious work being done by the back and arms. First class free – come give it a try.

Y RIDE – INDOOR CYCLING CLASSES

The benefits of indoor cycling, both physical and mental, can be enjoyed by almost anyone, regardless of age or fitness level. Perhaps this is why indoor cycling workouts were the most significant new fitness trend of the 1990’s, and continue to gain in popularity today. And, while the many benefits may be enough to convince you to try this form of exercise, another equally enticing quality of indoor cycling is that it’s fun! Participants report that time spent during indoor cycling workouts seem to fly by, as opposed to other forms of cardio, and that they gain a real sense of accomplishment after completing a “ride”

PHYSICAL BENEFITS OF INDOOR CYCLING

The American College of Sports Medicine recommends 3 to 5 days of cardio exercise per week, for 30 to 60 minutes each time; This frequency and length of aerobic exercise has been shown to provide maximal benefits to the body including:

- Weight loss
- Increased energy levels
- Stronger heart and lungs
- Decreased risk for heart disease
- Increased bone density
- Better sleep

Novice and advanced riders & rowers are welcome

<table>
<thead>
<tr>
<th>TERM</th>
<th>MEMBER</th>
<th>GROUP EXERCISE MEMBER</th>
<th>NON-MEMBER</th>
</tr>
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<tbody>
<tr>
<td>1 CLASS</td>
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<tr>
<td>10 CLASSES</td>
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<tr>
<td>60 CLASSES</td>
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GROUP EXERCISE

GROUP EXERCISE CLASS STYLES
The YMCA of Laurel Highlands offers a variety of group exercises classes year around. We have a group exercise class to meet every level, every schedule and every goal. Try a class today. Visit our friendly front desk staff and pick up a Group Exercise Class Schedule outlining class days and times along with the class description. Certain classes may be seasonal or may not always be available. Your YMCA membership gives you access to ALL classes listed below.

- ACTIVE ADULT/HEALTHY ADULT- (AAHA)
- AAHA CIRCUIT
- ATHLETIC INTERVAL
- ATHLETIC STEP
- BACK ’N BALANCE
- BODY BLAST
- CLASIC COMBO
- FLEX FUSION
- DANCE with PHIL
- HUSTLE WITH MUSCLE
- INTEGRATED STRENGTH
- “MUSCLE MAYHEM”
- PILATES
- PILATES*CORE*AND MORE
- PIYO STRENGTH

- SILVERSNEAKERS CIRCUIT
- SILVERSNEAKERS CLASSIC
- TABATA
- THIRTY/THIRTY- 30/30
- TRIPLE B
- TRIPLE THREAT/BOXING
- TURBO KICK
- YOGA
- YOGA FLEX for WOMEN
- YOGA STRETCH
- ZUMBA
- ZUMBA PLUS

- PLEASE BRING INDOOR SHOES AND WATER BOTTLE.
- EXERCISE & YOGA MATS and ALL EQUIPMENT IS PROVIDED.
- PARTICIPANT MUST BE 15 YEARS OR OLDER TO ATTEND GROUP EXERCISE CLASSES INDEPENDENTLY.
- YOUTH 12-14 YEARS OLD MAY ATTEND GROUP EXERCISE CLASSES WITH A PARTICIPATING ADULT AND SIGNED WAIVER.
- INSTRUCTORS HAVE THE AUTHORITY AND DISCRETION TO ASK STUDENTS TO EXIT CLASS IF ANY DISRUPTION OCCURS.

Questions/Concerns/Ideas
Contact Bea Jarbeck-Burk
M.ED, ATC - CPT
YMCA Director of Fitness
YMCA of Laurel Highlands
724-547-9622

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<thead>
<tr>
<th>TERMS</th>
<th>MEMBERS</th>
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</thead>
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<td>1 MONTH</td>
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<td>$35</td>
</tr>
<tr>
<td>3 MONTHS</td>
<td>FREE</td>
<td>$100</td>
</tr>
<tr>
<td>6 MONTHS</td>
<td>FREE</td>
<td>$185</td>
</tr>
<tr>
<td>1 YEAR</td>
<td>FREE</td>
<td>$340</td>
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</table>
GETTING BETTER EVERY DAY

You know the challenges that we face in Western PA. People of all ages and backgrounds are struggling to reach their full potential. More and more children face seemingly insurmountable learning gaps. Families find it difficult to spend quality time together. People are not connected to their neighbors and face time happens through a phone. And instead of seeing the income gap shrink, it seems all we do is watch it grow. But when challenges arise, the Y – and donors like you – steps in. After 130 years of serving the Fay-West Region, the Y understands what our community needs to be its best. Working with generous donors like you, the Y provides everyone the opportunity to be healthy and thrive, to connect with others, and contribute to a better community. Everything the Y does is in service of making us – as individuals and a community – better.

The Y™ For a better us™
To learn more about giving to the Y, contact:
YMCA OF LAUREL HIGHLANDS
724-547-9622
ymcalh.org

When you donate to the YMCA OF LAUREL HIGHLANDS, you make our community better through programs focused on:

Youth Development
All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development – all grounded in the Y’s core values of caring, honesty, respect and responsibility.

Healthy Living
We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

Social Responsibility
With our doors open to all, we bring together people from all backgrounds, and support those who need us most. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

GIVE TODAY
Every dollar donated to the YMCA OF LAUREL HIGHLANDS has a lasting impact on the people of our community. Give today for a better us. All or part of your gift may be tax deductible as a charitable contribution.

<table>
<thead>
<tr>
<th>Amount</th>
<th>Description</th>
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<tbody>
<tr>
<td>$10/month</td>
<td>Provides a child with a membership to The Y for 1 year</td>
</tr>
<tr>
<td>$20/month</td>
<td>Allows a child to attend one year of dance or gymnastics class</td>
</tr>
<tr>
<td>$50</td>
<td>One-time gift; allows 3 children the opportunity to try a new sport.</td>
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Members receive a basic fitness center membership where they can enjoy specialized low-impact classes taught by certified instructors focusing on improving muscular strength and endurance. These classes also focus on mobility, flexibility, range of motion, balance, agility and coordination. You can call Joyce Prutz our AOA Advisor and make an appointment to show you how to use specific equipment in the Fitness Center to make sure you get a safe workout.

**Recommended Classes:**

**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. Monday, Wednesday, & Friday 1:00 pm in the Dance Studio.

**SILVERSNEAKERS CIRCUIT**-Combine fun with fitness to increase your cardiovascular and muscular endurance. Upper body strength work with hand-held weights, elastic tubing with handles, and SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises. Monday, Wednesday, & Friday 8:45 am in the Dance Studio.

**AAHA**- This 45 minute class is for members that have been exercising for a while. It’s a great cardio workout using hand held weights, elastic tubing, bars, balls and the sometimes the step. Monday and Thursday at 10:45 am in the Fitness Loft

*The following classes are also recommended: PILATES, BEGINNER Y RIDE, YOGA, TOTAL FLEX FOR MEN, DANCE WITH PHIL, YOGA STRETCH (seated yoga for everyone), INTEGRATED STRENGTH & PICKLE BALL.*

Along with exercise we have social activities such as a monthly Lunch and Learn with informational speakers, bus trips to casinos, Pittsburgh, Washington DC, and Lancaster. We are involved in projects that benefit the community and important causes such as Relay for Life, Newborns in Need, American Heart Association and more.

There is no question that a little exercise can go a very long way in improving your health. For more information on the SilverSneakers, Silver & Fit and Active Older Adult programs, please contact Active Older Adult Advisor Joyce Prutz at 724-542-9622. You can also visit us on Facebook at YMCA of Laurel Highlands.
ANNUAL HEALTHY KIDS/HEALTHY ADULTS DAY
APRIL 12, 2019

Booths available for individuals or groups representing the areas of health, fitness, safety, environment, etc.

(Contact Bea at the YMCA to secure your booth)

Pre-school children, parents and adults and are welcome to join us for a “healthy” event filled with fun and games, interactive activities, face painting, healthy snacks, and more. Take advantage of an opportunity for pre-schoolers and parents to have a fun and entertaining time together while learning about health, fitness, safety, and environmental awareness.

FREE for members or non-members.
Participant registration: 724-547-9622
REGISTRATION BEGINS MARCH 12, 2019.

YMCA of Laurel Highlands
490 Bessemer Road
Mt. Pleasant, PA 15666

29th ANNUAL
YMCA GOLF TOURNAMENT

The YMCA Golf Tournament will be held in May 2019. This popular and successful event is entering it’s 29th year and offers a variety of contests and prizes for participants.

Members and Businesses will be recognized in many ways through our opportunities for Sponsorship.

Team Entry Fee is $500
Includes: Lunch, Dinner, Tournament Y Gift, On Course Snacks, Drinks.

Call for details – Steve or Bea at 724-547-9622

All proceeds from the event benefit the YMCA of Laurel Highlands youth programs and facilities.

Non-Profit Organization
U.S. POSTAGE
PAID
Scottsdale, PA 15683
PERMIT NO. 57