



The Family Centers and the YMCA presents...



“TRY-IT” Fitness Classes at the Held at the Southern Door Family Center 1400 County Road DK, Brussels (Adjacent to the Town Park)

\$5.00 Per class...FIRST ONE FREE! Try them all or pick and choose!
PRE-REGISTRATION IS REQUIRED – Class size is limited
Call the Family Center at 825-1430 to sign up.

Pilates

Monday Evening Sept. 13 – 6:30 – 7:15 p.m.

Based on the exercises originally designed by Joseph Pilates, this is a highly effective conditioning method that works out your "power house" muscles-the abdominals, lower back, thighs and gluteals! Each movement emphasizes proper body alignment and breathing techniques. You'll build strength, increase your flexibility, develop agility, improve your posture and deepen body awareness.



Yoga

Wednesday Evening Sept. 15 – 6:30 – 7:15 p.m.

The centuries old practice of Hatha Yoga has millions of devotees in America. It offers mind-body exercise that develops balance, strength, flexibility and promotes confidence and a sense of well-being. Learn yoga postures, movements. Listen to your own body, go at your own pace.



Abs/Buns

Tuesday Morning Sept. 21 – 6:00 – 6:45 a.m.

Get a great core workout in this great class! Tone and strengthen with emphasis on working your abdominal and gluteal muscles.



Muscle Blaster

Thursday Morning Sept. 23 – 6:00 – 6:45 a.m.

A well rounded muscular strength training class. Use hand weights along with your own body weight to help you strengthen and tone your whole body. Abdominal and stretching exercises included.



Senior Strength

Monday Morning Sept. 27 – 9:15 – 10:00 a.m.

It's never too late to start weight training. This class will help you focus on muscular strength, balance and increased mobility.

A great class for those 50 and older.



Chair Exercise

Wednesday Morning Sept. 29 – 9:15 – 10:00 a.m.



Have fun and move to the music through a variety of exercises to increase muscular strength, range of movement, and activity for daily living skills. A chair is used for seated and/or standing support. Great techniques for use at the office too!