



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HARVEST/LOCKWOOD CLASSES

## BILLINGS FAMILY YMCA – OFFSITE CLASSES

**BOOTCAMP** - This is a high intensity, military style workout class. It will incorporate cardio and strength training. This class routine will vary from obstacle courses to circuit training. Each participant will experience progress according to his/her own level fitness. This class can be modified for all fitness levels.

SESSIONS: Sept. 4-29, Oct. 2-30, Nov. 6-27, Dec. 4-25

CLASSES: Mondays, Wednesdays, Fridays, 6am-7am

LOCATION: Harvest Church, Heights

COST: Non-members \$55, free for members

**PIYO** - PIYO is a unique combination of Pilates, Yoga, strength conditioning, flexibility and dynamic balance. Learn movements that elongate muscles, strengthen the core, release tension, deepen breath and improve posture.

SESSIONS: Sept. 12-28, Oct 3-26, Nov. 2-28, Dec. 4-28

CLASSES: Tuesdays & Thursdays, 5:30pm-6:30pm

LOCATION: Oasis Water Park

COST: Non-members \$35, free for members

**ACTIVE OLDER ADULTS** - A low-impact workout designed for active older adults. Incorporates strength training, cardio and stretching. It is never too late to start exercising and this class is guaranteed to make you feel young again.

SESSIONS: Sept. 5-28, Oct 3-26, Nov. 2-28, Dec. 4-28

CLASSES: Tuesdays & Thursdays, 8:15am-9:15am

LOCATION: Lockwood

COST: Non-members \$35, free for members

**STROLLER FITNESS** - A stroller-based fitness program designed for moms with little ones. Each 55-minute, total body workout incorporates cardio, strength and toning activities. Stroller Fitness can form lasting friendships with other moms through organized play dates, support, and activities for the mom and kids.

AGE: All ages welcome

SESSIONS: Sept. 12- Oct. 5, Oct. 16-Nov. 9, Nov. 28-Dec. 21

CLASSES: Tuesdays & Thursdays, 9am-10am

LOCATION: Harvest Church

COST: Non-members \$45, \$30 member

**OULA** - OULA® is a high-energy, easy to learn, calorie burning, fun dance workout to Top 40 hits. Classes are one epic hour of sweat, joy, and total inspiration! OULA® is Dancemania for the Soul.

AGE: All ages welcome

SESSIONS: Sept. 7-28, Oct 3-26, Nov. 2-28, Dec. 4-28

CLASSES: Tuesdays & Thursdays, 5:30pm-6:30pm

LOCATION: Harvest Church, Heights H-11

COST: Non-members \$35, free for member

**ALL AGES YOGA** - This class is a holistic form of exercise and mental discipline that restores health and peace of mind. The relaxation and breathing techniques enable one to release tension and increase flexibility.

AGE: All ages welcome

SESSIONS: Sept. 11-27, Oct. 2-25, Nov. 6-28, Dec. 4-27

CLASSES: Mondays & Wednesdays, 5pm-6pm

LOCATION: Oasis Water Park

COST: Non-members \$35, free for member

### REGISTRATION INFORMATION NOW OPEN!

406-248-1685 402 N. 32<sup>nd</sup> Street Billings, MT 59101 [www.billingsymca.org](http://www.billingsymca.org)

