



# May 2024 Schedule LIBERTY CENTER YMCA

*Fee-based*	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>5 AM-10 AM</b>	<p><b>*Fit Crew*</b> w/Christine 4/22-5/31 5:15-6:15 AM</p> <p><b>Boot Camp</b> w/Christine 8:45-9:30 AM</p>	<p><b>*Fit Crew*</b> w/Christine 4/23-5/31 5:15-6:15 AM</p> <p><b>Yoga for Everyone</b> w/Ceci 8:45-9:30 AM</p>	<p><b>*Fit Crew*</b> w/Christine 4/22-5/31 5:15-6:15 AM</p> <p><b>Boot Camp</b> w/Christine 8:45-9:30 AM</p>	<p><b>*Fit Crew*</b> w/Christine 4/23-5/31 5:15-6:15 AM</p> <p><b>Yoga for Everyone</b> w/Ceci 8:45-9:30 AM</p>	<p><b>*Fit Crew*</b> w/Christine 4/22-5/31 5:15-6:15 AM</p> <p><b>Boot Camp</b> w/Christine 8:45-9:30 AM</p>	<p><b>Cycling</b> w/ Layla 8:45-9:30 AM</p> <p><b>*2024 SoDak State Powerlifting Meet*</b> 5/4 9:00 AM-4:00 PM</p>	
<b>10 AM-5:30 PM</b>	<p><b>*Volleyball practice*</b> w/Gabby 6th-8th Grade 4/15-5/25 4:00-5:00 PM</p> <p><b>Active Older Adults</b> w/Lin 4:30-5:30 PM</p> <p><b>Activate Kids Dance &amp; Movement</b> w/Noel 5-11 YRS - 4:00-4:45 PM 12+ YRS - 4:45-5:30 PM</p>	<p><b>*Y Not Craft?*</b> w/Audrey 1:00-1:45 PM</p>	<p><b>Prenatal Yoga</b> w/Ceci 10:00-10:45 AM</p> <p><b>Active Older Adults</b> w/Lin 4:30-5:30 PM</p>	<p><b>*Volleyball Practice*</b> w/Ali 2nd-3rd Grade 4/15-5/25 4:00-5:00 PM</p>	<p><b>Homeschool PE</b> w/Audrey 1:00-2:00 PM</p>	<p><b>Strength &amp; Confidence</b> w/Divine 10:00-10:45 AM</p> <p><b>*Parent &amp; Me Yoga*</b> w/Ceci 5/18 10:00-10:45 AM</p>	
<b>5:30 PM-8 PM</b>	<p><b>Yoga for Everyone</b> w/Ceci 5:30-6:15 PM</p> <p><b>*Volleyball Practice*</b> w/Alexcia 4th-5th Grade 4/15-5/25 6:00-7:00 PM</p>	<p><b>Cycling</b> w/Layla 5:30-6:15 PM</p> <p><b>Fit Kids Club</b> <b>**Starts on 5/7**</b> w/Divine 5:30-6:15 PM</p> <p><b>Balance and Build</b> w/Kim 6:30-7:15 PM</p>	<p><b>Mindful Yoga Flow</b> (All Levels) w/Taryn 5:15-6:00 PM</p> <p><b>*Kung Fu*</b> w/ Pete 4/17-5/24 6:30-7:30 PM</p>	<p><b>Cycling</b> w/Layla 5:30-6:15 PM</p> <p><b>Fit Kids Club</b> <b>**Starts on 5/7**</b> w/Divine 5:30-6:15 PM</p> <p><b>Balance and Build</b> w/Kim 6:30-7:15 PM</p> <p><b>*Pickleball 101*</b> 5/2-5/30 6:30-8:00 PM</p>	<p><b>*Kung Fu*</b> w/ Pete 4/17-5/24 6:30-7:30 PM</p>		

## EVENTS & UPDATES

**May 4:** 2024 SoDak State Powerlifting Meet (9AM-4PM)  
**May 9-14:** Kung Fu Grandmaster Lee visiting from China!  
 - 9th, 10th, 13th & 14th @ 5:30-7:30pm | 11th & 12th @ 10am-12pm  
**May 17:** Homeschool End-of-Year Bash! (1PM-3PM)  
**May 27-31:** Child Watch CLOSED All Week for Summer Transition  
**June 13-16:** Senior Games (50+ YRS) - Register today!

## Hours of Operation

Mon-Fri: 5 AM-8 PM  
 Sat: 6 AM-8 PM  
 Sun: 8 AM-2 PM

## \*\*NEW\*\*

### Child Watch Hours

Mon-Fri @ 8:30AM-12:30PM  
 Mon-Thur @ 3:30PM-6:30PM



# Group Exercise & Program DESCRIPTIONS



## \*FEE-BASED PROGRAMS\*

### **Fit Crew:** 2 sessions (4/22-5/31) Mon/Wed/Frid or Tue/Thu/Fri @ 5:15-6:15AM

Get fit with our certified trainer-led program! Lose weight, gain strength, and improve posture. Includes assessments, nutrition guidance, and motivation. Various sessions available for all fitness levels. Join now for a supportive community and personalized results!

### **Kung Fu:** (4/17-5/24) Wed/Fri @ 6:30-7:30PM

This is a basic course in Ving Tsun Kung Fu. In this course, the students will work on footwork, punching, kicking, and blocks. The benefits of studying Kung Fu are increased confidence, self-discipline, awareness, health, personal growth, and self-defense skills. This class is open to 14 years and older. 10-13 year-olds must have a parent/guardian or supervisor present.

### **Parent and Me Yoga:** (5/18) 10:00-10:45AM

Led by experienced yoga instructors, our classes cater to both parents and little ones, ensuring a safe and enjoyable experience for all.

### **Pickleball 101:** (5/2-5/30) Thu @ 6:30-8:00PM

Join us for our Pickleball 101 Class Thursday evenings. Learn to play the fastest growing sport in America! For the month of May, learn pickleball basics, meet some new friends, and have LOADS of FUN!

### **Y Not Craft?:** Tuesdays @ 1:00-2:00PM

Are you ready to embark on a colorful journey of imagination and creativity? Look no further! Our Y not Craft? class is the perfect blend of fun, learning and artistic exploration.

### **Youth Volleyball:** (4/15-5/25) Games on Sat mornings, times and location TBD

**2nd & 3rd grade:** Practice on Thu @ 4:00-5:00PM

**4th & 5th grade:** Practice on Mon @ 6:00-7:00PM

**6th, 7th, & 8th grade:** Practice on Mon @ 4:00-5:00PM

The YMCA Sports Program provides a volleyball league designed to help kids develop fundamental skills in a safe, organized environment. The goal is to provide a fun, positive experience so that kids are encouraged to continue with the sport. Programs focus on skill development through instruction, drills, games, and matches with an emphasis on sportsmanship.

## FREE CLASSES FOR MEMBERS

### **Activate Kids Dance & Movement**

Discover more than just dance! We foster lifelong healthy habits and a love for staying active in kids. With diverse routines, dynamic activities, and interactive games, we boost coordination, fitness, confidence, creativity, & social skills.

### **Active Older Adults**

It's never too late to prioritize your health and well-being. Consistency is key, and it's essential to find activities you enjoy to make your fitness routine sustainable.

### **Balance & Build**

Have you ever wanted to use a bosu ball but didn't know what you could do with it? Come join us for Balance and Build!

### **Boot Camp**

Circuit training class, alternating between cardio and strengthening activities.

### **Cycling**

Join us for a heart-pumping, calorie-burning cycling class designed to get you in and out of the saddle in no time!

### **Fit Kids Club**

### **Homeschool PE**

School-aged children will participate in a structured PE class for 1 hour per week. Class will be structured around a warm-up followed by organized games and exercises with free-play at the end of class.

### **Mindful Yoga Flow (All Levels)**

Connects breath and movement through a series of flowing postures. Mindful Yoga Flow ties sun salutations, various poses, and breath-work to build heat, increase range of motion, and stretch both overused and underused muscles. This class is open to all levels.

### **Prenatal Yoga**

Calling all moms-to-be! Experience the journey of pregnancy with tranquility, strength, and grace by joining our Prenatal Yoga sessions. Embrace the transformative power of yoga designed exclusively for expectant mothers, creating a serene haven for you and your growing baby. Our certified prenatal yoga instructors specialize in providing safe and effective yoga practices tailored to the unique needs of pregnancy. (Child Watch is available for children 5 & under)

### **Strength & Confidence**

Strengthen your body and boost your confidence with a dynamic mix of exercises aimed at improving overall health & fitness.

### **Yoga for Everyone (All Levels)**

Provides a range of gentle postures in a slow-paced flow that helps you be mindful with each move. Through this practice, you'll have the opportunity to build strength, stretch, balance, and stability while improving alignment. Everyone is welcome!

**All classes are for ages 10+ unless otherwise noted. 10-13-year-olds must have adult supervision.**

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