



# November 2024 Schedule

## LIBERTY CENTER YMCA

*Fee-based*	MON	TUE	WED	THUR	FRI	SAT	SUN
5 AM-10 AM	<p><b>*Fit Crew*</b> w/Christine 10/28-12/6 5:15-6:15 AM</p> <p>Boot Camp w/Christine 8:45-9:30 AM</p>	<p><b>*8-Week Functional Training for DEKA*</b> w/Christine 9/24-11/14 5:15-6:00 AM</p> <p>Yoga Sculpt w/Ceci 8:45-9:30 AM</p>	<p><b>*Fit Crew*</b> w/Christine 10/28-12/06 5:15-6:15 AM</p> <p>Boot Camp w/Christine 8:45-9:30 AM</p>	<p><b>*8-Week Functional Training for DEKA*</b> w/Christine 9/24-11/14 5:15-6:00 AM</p> <p>Yoga Sculpt w/Ceci 8:45-9:30 AM</p>	<p><b>*Fit Crew*</b> w/Christine 10/28-12/06 5:15-6:15 AM</p> <p>Boot Camp w/Christine 8:45-9:30 AM</p>	<p>Cycling w/Layla 8:45-9:30 AM</p> <p>Speed, Power &amp; Agility w/Phil 9:00-11:00 AM</p> <p><b>*Youth Basketball League Tournament*</b> 11/9 @ 9:00 AM</p>	
10 AM-5:00 PM	<p>Active Older Adults w/Lin 1:00-2:00 PM</p> <p><b>*Kung Fu Tigers*</b> w/Pete 10/21-12/09 4:00-4:45 PM</p>	<p>Mini Movers w/Alexa 10:00-11:00 AM</p>	<p>Active Older Adults w/Lin 1:00-2:00 PM</p> <p><b>*Tiny Tots Basketball*</b> 10/9-11/13 4:00-4:30 PM</p>		<p>Homeschool PE w/Audrey 1:00-1:45 PM</p> <p><b>*Y Not Craft?*</b> w/Audrey 2:00-2:45 PM</p>	<p><b>*DEKA Challenge*</b> 11/16 @ 8:00 AM</p> <p><b>*Fit Feet Indoor 5K*</b> 11/23 @ 7:30 AM</p> <p>Lego Club w/Tony 12:00-1:00 PM</p>	
5:00 PM-8 PM	<p>HIIT w/Roberto 5:30-6:15 PM</p> <p><b>*2nd-3rd Grade Basketball Practice*</b> 9/16-11/4 5:30-6:30 PM</p>		<p>HIIT w/Roberto 5:30-6:15 PM</p> <p><b>*Kung Fu*</b> w/Pete 10/23-12/6 6:30-7:30 PM</p>		<p><b>*Dance Team*</b> w/Noel 9/20-11/9 5:15-6:15 PM</p> <p><b>*Kung Fu*</b> w/Pete 10/23-12/6 6:30-7:30 PM</p> <p><b>*4th-5th Grade Basketball Practice*</b> 9/16-11/4 5:30-6:30 PM</p>	<p><b>Parent's Night Out</b> 11/23 6:00-9:00 PM</p>	

### EVENTS & UPDATES

**November 9:** Youth League Basketball tournament.  
**November 16:** DEKA Challenge with 605 Grit Fitness.  
**November 23:** Parent's Night Out 6:00-9:00 PM

### Hours of Operation

Mon-Fri: 5 AM-8 PM  
 Sat: 6 AM-8 PM  
 Sun: 10AM-4PM

### Child Watch Hours

Mon-Fri: 8:30AM-11:30AM  
 Mon-Thu: 4:30PM-6:30PM  
 Sat: 8:30-10:30AM



# Group Exercise & Program DESCRIPTIONS



## \* FEE- BASED PROGRAMS\*

### 8 Week Functional Training for DEKA: (9/24-11/14) Tue/Thu @ 5:15-6:00 AM

What is DEKA? It is a well-rounded functional test for all levels of fitness. Join our program on Tuesdays and Thursdays to boost your fitness with expert-led personal trainers.

### Co-ed Youth Basketball: (9/16-11/9) K-1st-Sat mornings, 2nd-3rd Mon 5:30-6:30 PM, 4th-5th Fri 5:30-6:30 PM

This league is perfect for young athletes looking to develop their skills, stay active, and have fun. Designed to help kids develop fundamental skills in a safe, organized environment.

### Dance Team: (9/20-11/9) Fri @ 5:15-6:15 PM

A dynamic dance team will learn high-energy routines and seamless choreography, adding excitement and entertainment to our Saturday basketball games from an experienced coach.

### Fit Crew: (10/28-12/6) Mon/Wed/Fri @ 5:15-6:15 AM

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

### Kung Fu: (10/23-12/6) Wed/Fri @ 6:30-7:30 PM

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 10 years and over.

### Kung Fu Tigers: (10/21-12/9) Mon @ 4:00-4:30 PM

Kung Fu Tigers for ages 5-10! Learn Kung Fu basics through fun, engaging lessons and games. Strengthen bodies, improve coordination, and build confidence in a supportive, exciting environment.

### Tiny Tots Basketball: (10/9-11/13) Wed @ 4:00-4:30 PM

This fun and engaging program introduces young children ages 4-6 to the basics of basketball through age-appropriate drills, games, and activities. Our goal is to help little ones develop motor skills, teamwork, and a love for the game.

### Y Not Craft?: Fri @ 2:00 PM

Our Y not Craft? class is the perfect blend of fun, learning, and artistic exploration for your little ones.

## FREE CLASSES FOR MEMBERS

### 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.

### 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!

### HIIT

HIIT (High-Intensity Interval Training) delivers a powerful workout through fast-paced bursts of exercise followed by brief recovery periods. This approach boosts cardiovascular fitness, burns calories, and builds strength in a short time.

### Homeschool PE

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

### Lego Club

Bring your own Legos or use ours to construct amazing creations. Enjoy practical tips, fun activities, and a welcoming environment that fosters creativity, teamwork, and family bonding. Kids must be accompanied by an adult.

### Mini Movers

Moving to Tuesday mornings, this class designed for children aged 1-4 years. This engaging session offers a safe and welcoming environment where little ones can explore movement and social interaction while parents connect with one another.

### Speed, Power, & Agility

Get ready to unleash your inner athlete with Coach Phil Morgan's Speed, Power, and Agility class! For ages 12 and up, this dynamic workout enhances speed, power, and agility, perfect for boosting sports performance or getting in great shape. 12 years of age. NO Exceptions.

### Yoga Sculpt

Yoga Sculpt blends yoga with strength training for a full-body workout. Enhance flexibility, build muscle, and improve endurance in this high-energy class that combines yoga flows with weights and cardio bursts.

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

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