



July 2024 Schedule LIBERTY CENTER YMCA

Fee-based	MON	TUE	WED	THUR	FRI	SAT	SUN	
5 AM-10 AM	<p>*Fit Crew* w/Christine 7/8-8/2 5:15-6:15 AM</p> <p>Boot Camp w/Christine 8:45-9:30 AM</p> <p>Sunny Side Up Club w/Breinn 8:45-9:30 AM</p> <p>*Junior Golf* w/Ryan 6/10-7/17 9:00-10:00 AM</p>	<p>*Kickboxing* w/Christine 7/9-8/1 5:15-6:00 AM</p> <p>*Kickboxing* w/Christine 7/9-8/1 8:45-9:30 AM</p>	<p>*Fit Crew* w/Christine 7/8-8/2 5:15-6:15 AM</p> <p>Boot Camp w/Christine 8:45-9:30 AM</p> <p>Sunny Side Up Club w/Breinn 8:45-9:30 AM</p> <p>*Junior Golf* w/Ryan 6/10-7/17 9:00-10:00 AM</p>	<p>*Kickboxing* w/Christine 7/9-8/1 5:15-6:00 AM</p> <p>*Kickboxing* w/Christine 7/9-8/1 8:45-9:30 AM</p>	<p>*Fit Crew* w/Christine 7/8-8/2 5:15-6:15 AM</p> <p>Boot Camp w/Christine 8:45-9:30 AM</p> <p>Sunny Side Up Club w/Breinn 8:45-9:30 AM</p>	<p>Cycling w/Layla 8:45-9:30 AM</p>		
10 AM-5:00 PM	<p>Active Older Adults w/Lin 1:00-2:00 PM</p> <p>*Flag Football Cheer Practice* w/Noel 6/10-7/22 K-2nd grade 4:00-4:30 PM 3rd-6th grade 4:00-5:15 PM</p> <p>Speed, Power & Agility w/ Phil 4:00-5:00 PM</p>	<p>Dance Fit w/Natalie 10:00-10:45 AM</p> <p>Stroller Striders w/Suzy 10:00-10:45 AM</p> <p>Healthy Shopping w/Louise 7/23 2:00-3:00 PM</p>	<p>Active Older Adults w/Lin 1:00-2:00 PM</p> <p>*Tiny Tot Soccer* 7/24-8/28 4:00-4:30</p> <p>Speed, Power & Agility w/ Phil 4:00-5:00 PM</p>	<p>Dance Fit w/Natalie 10:00-10:45 AM</p>		<p>*LARPing (Live Action Role Play)* w/Audrey 7/13 2:00-4:00 PM</p>		
5:00 PM-8 PM	<p>*5k Kickstart* w/Ty 7/9-8/15 5:30-6:30 PM</p> <p>*Volleyball Camp* w/ Sarah Tucker 7/22-7/24 K-1st 5:15-6:15 PM 3rd-5th 6:30-7:30 PM</p> <p>*Volleyball Camp* w/ Sarah Tucker 7/29-7/31 6th, 7th, & 8th 5:30-7:00 PM</p>	<p>Cycling w/Layla 5:30-6:15 PM</p>	<p>Mindful Yoga Flow w/Taryn 5:15-6:00 PM</p> <p>*5k Kickstart* w/Ty 7/9-8/15 5:30-6:30 PM</p> <p>*Kung Fu* w/ Pete 7/24-8/30 6:30-7:30 PM</p>	<p>Cycling w/Layla 5:30-6:15 PM</p> <p>Disc Golf Club w/Steve 5:30-6:30 PM</p>	<p>*Kung Fu* w/ Pete 7/24-8/30 6:30-7:30 PM</p> <p>Women's Basketball Open Gym 6:00-7:00pm</p>			

EVENTS & UPDATES

August 3: Revitalize & Relax: Women's Yoga and Massage Day. Come join us for a relaxing morning of Yoga and Massage. We are taking 20 women for the Yoga/Massage session to ensure everyone gets a personalized experience. Don't forget to come and shop our local vendors!

August 16: Color Me Red, White, and Blue 5k! Get ready to lace up your running shoes and show your patriotic spirit!

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-11:30 AM
Mon-Thur @ 4:30PM-6:30 PM
Sat @ 8:30-10:30 AM



Group Exercise & Program DESCRIPTIONS



FEE-BASED PROGRAMS

5k Kickstart: (7/9-8/15) Tue/Thu @ 5:30 PM

The Program Lead is Ty Trainor, the current cross-country coach at St. Thomas More. Ty will customize workouts for each individual based on their personal goals. Whether you aim to walk a 5k or achieve a specific running milestone, he will provide the support and guidance you need to succeed.

Flag Football Cheerleading: (6/10-7/27) Practices: K-2nd 4:00-4:45 PM, 3rd -6th 4:00-5:15PM

Welcome to Youth Cheerleading, where spirit, teamwork, and athleticism unite for an unforgettable experience. Open to all skill levels, beginners and experienced cheerleaders alike.

Fit Crew: (7/8-8/2) Mon/Wed/Frid @ 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!

Kick Boxing: (7/9-8/1) Tue/Thu @ 5:15-6:15AM OR Tue/Thu @ 8:45-9:30 AM

Unique, four-week opportunity to share quality time with friends and family while having a great time. You'll learn the ropes of using specialized boxing equipment and progressive techniques for an engaging aerobic and strength-building experience, all without any physical contact. 10-13 year olds must attend with an adult.

Kung Fu: (7/24-8/30) 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 present.

LARPing: (7/13, 8/10) @ 2:00-4:00 PM

Step into fantastical realms, become heroes or villains, and live out epic adventures in Live Action Role-Playing (LARP)! Embrace creativity, teamwork, and immersion in interactive storytelling.*Supplies will be provided to create your character.

Outdoor Flag Football: (6/15-7/27)

Due to registration numbers, for this season, we will be implementing a format comprising of 30-minute skill drills followed by a 30-minute scrimmage for our Outdoor Flag Football. These sessions will be held on Saturday mornings at North Middle School in Rapid City.

Tiny Tots Soccer: (7/24-8/28) Wed @ 4:00 PM

Introduce your little ones to the joy of soccer! Our clinic for 4-6-year-olds offers fun drills, games, and skill-building activities in a supportive environment.

Youth Volleyball Camp: With Coach Sarah Tucker

K-2nd grade: 7/22, 7/23, & 7/24 5:15-6:15 PM
3rd-5th grade: 7/22, 7/23, & 7/24 6:30-7:30 PM
6th-8th grade: 7/29, 7/30, & 7/31 5:30-7:00 PM

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!

Dance Fit

Fun-filled workout that blends energetic dance moves with fitness routines.

Disc Golf Club

Whether you're a beginner or seasoned player, our club offers a welcoming community to hone your skills and enjoy the sport. Our Disc Golf Lead has 20+ years of experience. You will have the opportunity to play multiple courses throughout the summer.

Heathy Shopping

Embark on a culinary adventure with our "Nourish Your Cart" healthy shopping class, guided by our expert registered dietitian nutritionist. July 23rd @ 2:00PM

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.

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.

Stroller Striders

Perfect blend of fitness, community, and bonding for parents and their little ones!

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

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