



July 2025 Schedule LIBERTY CENTER YMCA

BOLD IN BLACK: Included in YMCA Membership

BOLD IN RED: *Fee-Based*

	MON	TUE	WED	THUR	FRI	SAT	SUN
5 AM-9 AM	*Fit Crew* w/Christine 7/7-8/1 5:15-6:15 AM Boot Camp w/Christine 8:45-9:30 AM Sunny Side Up Club w/Breinn 8:45-9:45 AM	Kickboxing w/Christine 8:45-9:30 AM	*Fit Crew* w/Christine 7/7-8/1 5:15-6:15 AM Boot Camp w/Christine 8:45-9:30 AM Sunny Side Up Club w/Breinn 8:45-9:45 AM	Kickboxing w/Christine 8:45-9:30 AM	*Fit Crew* w/Christine 7/7-8/1 5:15-6:15 AM Boot Camp w/Christine 8:45-9:30 AM Sunny Side Up Club w/Breinn 8:45-9:45 AM	Cycling w/Layla 8:45-9:30 AM *Power 12 Challenge* 2nd of 3 8/2 8:00 AM	
9 AM-4 PM	*Junior Golf* w/ Ryan 7/7-7/30 5-6 yr 9:00-9:45 AM 7-14 yr 10:00-10:45 AM Active Older Adults w/Lin 1:00-2:00 PM *Tiny Tots Kung Fu* w/Pete 6/2-7/7 3:00-3:30 PM	*Youth Wellness Orientation* 7/8 & 7/10 10:00-11:15 AM Virtual Y360 Pilates 11:30-12:15 PM	Active Older Adults w/Lin 1:00-2:00 PM	*Youth Wellness Orientation* 7/8 & 7/10 10:00-11:15 AM *Junior Golf* w/ Ryan 7/7-7/30 5-6 yr 9:00-9:45 AM 7-14 yr 10:00-10:45 AM Virtual Y360 Pilates 11:30-12:15 PM	*Youth Volleyball Camp* w/ Jordan 5th-8th grade 7/11-7/12 9:00-11:30 AM	*Youth Volleyball Camp* w/ Jordan 5th-8th grade 7/11-7/12 9:00-11:30 AM Giggles and Grooves w/ Destinee 9:45-10:30 AM	Cycling w/ Maddy 10:15-11:00 AM Open Pickleball 1:30-3:30 PM
4 PM-8 PM	*Kung Fu Tigers* w/Pete 6/2-7/7 4:00-4:45 PM *Basketball Skills Camp* K-2nd 5:00-6:00 PM 7/7-7/28 Boot Camp w/Jackie 5:30-6:15 PM	*Kung Fu Tigers* w/Pete 6/3-7/8 4:00-4:45 PM *Basketball Skills Camp* 3rd-5th 5:00-6:30 PM 7/8-7/29 Dance Fit w/Natalie 5:30-6:15 PM	*Tiny Tot Soccer* 4:00-4:30 PM *Basketball Skills Camp* 6th-8th 5:00-6:30 PM 7/9-7/30 Boot Camp w/Jackie 5:30-6:15 PM *Kung Fu* w/ Pete 7/9-8/8 6:30-7:30 PM	Dance Fit w/Natalie 5:30-6:15 PM	*Kung Fu* w/Pete 7/9-8/8 6:30-7:30 PM	*Parent's Night Out* 7/12 6:00-9:00 PM Open Volleyball 5:00-7:30 PM	

EVENTS & UPDATES

Power 12 Challenge: August 2nd starting at 8:00 AM. This is 2nd of 3 challenges that will push your strength, endurance, and agility through 12 minutes of exercises.

Color Me Red, White and Blue 5k: August 15th, starting at 5:30 PM. Come and get showered with color at each of our 3 color stations. Early Bird Registration through July 16th.

BreakFall Class: Learn how to fall safely, August 23rd, from 10:00-11:30 PM.

Hours of Operation

Mon-Fri: 5AM-8PM

Sat: 6AM-8PM

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



Fit Crew: (7/7-7/30) Mon/Wed/Frid @ 5:15 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!

Basketball Skills Camp: (7/8-7/30) See times below

Skills Camp led by Trey Cody, a collegiate athlete and College Coach. Assisted by our 2nd and 3rd grade coach Tim Bellou who grew up playing basketball and has coached numerous teams and helped with several camps.

K-2nd: Mondays 5:00-6:00 PM

3rd-5th: Tuesday 5:00-6:30 PM

6th-8th: Wendays 5:00-6:30 PM

Junior Golf: (7/7-7/30) Mon/Thu See times below

Lessons will be taught by Ryan Messick who is a local golf pro and will be held at the Hart Ranch Golf Course.

5-6 year 9:00-9:45 AM

7-14 years 10:00-10:45 AM

Kung Fu: (7/9-8/8) 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.

INCLUDED IN YMCA MEMBERSHIP

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. We have a morning and evening session available. We have a morning and evening option.

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

A high-energy group exercise class that combines fun dance routines with cardio moves to boost your fitness. Set to upbeat music, it's a great way to burn calories, improve coordination, and lift your mood.

Giggles and Grooves

This is a special time for parents and their little ones to bond while exploring rhythm, creativity, and fun dance moves together. For ages 5 and under.

Parent's Night Out: (7/12) Sat 6:00-9:00 PM

Come and have the certified YMCA staff allow you and yours to have a night to you!! Ages 1-11 years. Snacks will be provided.

Power 12 Challenge: (8/2) Sat 8:00 AM-Challenge 2 of 3

This challenge will push your strength, endurance, and agility through 12 minutes of exercises and ending with the rower. Train throughout the month and test yourself at the end in one, two, or all three challenges!

Tiny Tot Soccer: (7/9-7/30) Wed 4:00-4:30 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. It's a perfect introduction to the world's favorite sport.

Youth Volleyball Camp: (7/11-7/12) Fri-Sat 9:00-11:30 AM

Join us for an exciting Volleyball Skills Camp led by Jordan Grimes, current college volleyball player and team captain! This camp is designed to help players improve their fundamental skills, including serving, passing, setting, hitting, and teamwork in a fun, fast-paced, and encouraging environment.

Youth Wellness Orientation: (7/8 & 7/10) Tue & Thu 100-11:15 AM

Mandatory orientation for ages 10-13 to access YMCA Wellness Floor; covers equipment use, safety, and workout guidelines.

Kickboxing

Kickboxing is a high-intensity group exercise class that combines punches, kicks, and cardio moves to build strength, burn calories, and relieve stress in a fun, empowering workout environment.

Open Pickleball: Sundays (\$7/Day for Non-Members)

Bring a partner or come solo and enjoy a game of pickleball! Not a member? Simply purchase a day pass to join in.

Open Volleyball: (\$7/Day for Non-Members)

casual drop-in session for all skill levels. Join others for friendly games, stay active, and enjoy the sport in a relaxed, social environment.

Sunny Side Up Club

Ultimate hangout spot for school-age kids while their parents work out! Our vibrant and fun-filled club offers a safe, engaging, and dynamic environment where children can socialize, play, and learn.

Virtual Y360 Pilates

Y360 Pilates is a virtual class that strengthens your core, improves flexibility, and enhances body awareness through controlled movements and focused breathing.

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

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