

STRENGTH TRAINING

FALL 2 Oct 22-Dec 15

	Age	Day	Start	End	YMCA Member	Program Participant
MIDDLETOWN YMCA						
Enhance Fitness ®	13 & up	T/TH/S	11:00am	12:00pm	\$0	\$80/4 months
PHIT	15&up	T/TH	6:00pm	7:00pm	\$0	\$55/\$85/\$105
Pilates	13 & up	M	8:00am	9:00am	\$0	\$55/\$85/\$105
	13 & up	T	6:00pm	7:00pm	\$0	\$55/\$85/\$105
Stability Ball	13 & up	T/TH	7:45am	8:45am	\$0	\$55/\$85/\$105
Yoga	13&up	M/TH	6:00pm	7:00pm	\$0	\$55/\$85/\$105
LiveStrong at the Y	18 & up	Call YMCA	Call YMCA	Call YMCA	\$0	\$55/\$85/\$105