

STRENGTH TRAINING

Winter 2: February 18-April 6

	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
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
	13 & up	S	10:00am	11:00am	\$0	\$55/\$85/\$105
LiveStrong at the Y	18 & up	Call YMCA	Call YMCA	Call YMCA	\$0	\$55/\$85/\$105