



YMCA

We build strong kids,  
strong families, strong communities.



**YHEALTH & FITNESS**™

We build strong kids, strong families, strong communities.

## Why Take A Class?

- Creates a social event in place of those lonely workouts
- Great way to get to know the staff and instructors
- Creates a sense of “accountability” knowing your friend will attend class



- Great way to burn calories and manage body weight
- Allow for diversification from normal workout routine
- Relieves stress
- Suitable for all fitness levels

- Increase flexibility, strength, muscle tone, and endurance
- Specially designed classes just for YOU!



For more information on YMCA wellness classes, contact the Wellness Coordinator at (812) 663-YMCA or visit our website:

[www.decatourcountymca.org](http://www.decatourcountymca.org)



# Wellness Classes



Mind <<<<<>>>>>> Body <<<<<>>>>>> Spirit



**See Front Desk For Current Schedule**

**TO REGISTER FOR CLASSES:**  
[www.decatourcountymca.org](http://www.decatourcountymca.org)

OR See the FRONT DESK

**Decatur County Family YMCA**

1301 Kathy's Way  
Greensburg, IN 47240  
812.663.9622

[www.decatourcountymca.org](http://www.decatourcountymca.org)

# Mission of the Decatur County YMCA

“To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.”



**Body**-By engaging in physical activity you're doing your part in keeping your body healthy.

**Mind**-Classes engage your mind by making you think about your posture and form making you more aware of how your body works.

**Spirit**-Putting Christian values into practice at our facility creates a family-friendly atmosphere.

The Decatur County Family YMCA's goal is to build strong kids, strong families, and strong communities. By engaging the body, mind, and spirit the YMCA can achieve its goal.

## Class Description

**Ab Control**-A 15 minute class that focuses on nothing but your abs. Work your upper and lower abs, obliques, and back in just 15 minutes!

**Boot Camp**-An aggressive approach to cardiovascular fitness and strength training. You will be encouraged to give max effort and the class will be constructed around a full body workout.

**BOSU Mind/Body**-Combination of Pilates, Tia Chi, and Yoga utilizing balls and the BOSU Balance Trainer. The BOSU makes tough exercises more challenging while adding balance and agility elements to your mind/body workouts.

**BOSU Total Body Sculpt**-Blast your body from head to toe while strengthening your core and improving your balance. The balance trainer increases integrated movements and physical activity.

**Core Pole**-The class will help to develop core muscles by using resistance bands connected to a pole. Class is limited due to a limited quantity of bands.

**Cycling**-Want to burn calories fast? Is it too cold or rainy to ride outside? Attend the instructor lead cycling class that will improve your cycling and endurance skills if you're a road rider or mountain climber.

**Cyclates**-Get a 45 minute ride followed by 30 minutes of Pilates and stretching.

**Golf Strength and Conditioning**-Improve performance and reduce the risk of injury by working on the fundamentals of your swing, flexibility, stability, strength, and power. Great for beginners, golf professionals, and all ranges between.

**30 Minute Café**-A little cardio, a pinch of weight training, and a few crunches to tone the core. You will not be disappointed.

**Mix Class**-A high-low mix class that focuses on strength and toning by putting the core at the center of each workout.

## Class Description

**Pilates Ball**-An innovative ball and mat workout that combines Pilates and Yoga together to build long lean muscle.

**Pilates with Props**-A series of mat exercises using tools that produce kinesthetic awareness and desirable improvements in alignment and movement quality while strengthening and toning the body centering from the pelvic floor.

**Power Hour/Extreme Strength**-A high-energy class proven to be one of the fastest ways to lose body fat and gain lean muscle. Each participant works through one hour of intense muscle conditioning using barbells and dumbbells, bands, and balls.

**SilverSneakers**-Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Chairs are used if stability is needed for standing/sitting.

**SilverSneakers Yoga Stretch**-Designed to physically and mentally engage you with a variety of safe and fun yoga posture and breathing exercises.

**Strength Training Club**-You will learn routines that not only strengthen and tone the major muscle group but hit all of the stabilizing muscles as well. The equipment in the wellness center is utilized for workouts.

**Tae Kwon Do**-Focus is on using martial arts skills and expanding on those skills through perseverance and determination.

**Teen/Adult Training Camp**-Build strength and endurance in this total body workout through the use of dumbbells, barbells, and medicine and stability balls.

**Yoga**-Movements provide a full body workout for your mind, body, and soul. Increase your balance, flexibility, strength, and overall toning and shaping.