

377 Broadway, Newburgh

845 562-1088

www.newburghymca.org

GREATER NEWBURGH YMCA WELLNESS CENTER
CLASS SCHEDULE



JULY 2010

Class Descriptions

- **Ballet**
Learn ballet techniques and dance moves
- **DDR**
Dance Dance Revolution—dance to great music with new friends
- **Get Fit with Fun**
Intro to a healthy relationship with food and exercise
- **Jazz**
Cardio, stretch and strength for a total body workout
- **Yoga**
Combo of breathing exercises, physical postures and meditation
Relax learn yoga, deep breathing techniques - working core muscles
- **SportWall**
Great for kids! Works hand and eye coordination while playing on over-sized Wii system
- **Zumba**
Fuses Latin rhythms with easy to follow moves, centered on cardio, hip hop and aerobics

***Childwatch short term care \$2/hr. with maximum of 2 hours**

Call for more info:

- Facility Room Rentals
- Children's Birthday Parties

Group classes included in annual membership

Non-members-

10-Class punch card—\$80

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	Sportwall 2 7-12 yrs. 5:30-6:30 pm 13-16 yrs. 7-8 pm	3 Ballet 9-9:45 am Zumba*10-11 am Salsa *11-12 pm Art Club 12-1 pm
4 CLOSED	5 CLOSED	6 Yoga 11:15-12:15 pm *Yoga 6:45-7:45 pm	7 Get Fit with Fun 6-8 pm Arts & Crafts 6:30-7:30 pm	8	Sportwall 9 7-12 yrs. 5:30-6:30 pm 13-16 yrs 7-8 pm	10 Ballet 9-9:45 am Zumba*10-11 am Salsa *11-12 pm Art Club 12-1 pm
11	12 DDR 6-8 pm	13 Yoga 11:15-12:15 pm *Yoga 6:45-7:45 pm	14 Get Fit with Fun 6-8 pm Arts & Crafts 6:30-7:30 pm	15	Sportwall 16 7-12 yrs. 5:30-6:30 pm 13-16 yrs 7-8 pm	17 Ballet 9-9:45 am Zumba*10-11 am Salsa *11-12 pm Art Club 12-1 pm
18	19 DDR 6-8 pm	20 Yoga 11:15-12:15 pm *Yoga 6:45-7:45 pm	21 Get Fit with Fun 6-8 pm Arts & Crafts 6:30-7:30 pm	22	Sportwall 23 7-12 yrs. 5:30-6:30 pm 13-16 yrs 7-8 pm.	24 Ballet 9-9:45 am Zumba*10-11 am Salsa *11-12 pm Art Club 12-1 pm
25	26 DDR 6-8 pm	27 Yoga 11:15-12:15 pm *Yoga 6:45-7:45 pm	28 Get Fit with Fun 6-8 pm Arts & Crafts 6:30-7:30 pm	29	Sportwall 30 7-12 yrs. 5:30-6:30 pm 13-16 yrs 7-8 pm.	31 Ballet 9-9:45 am Zumba*10-11 am Salsa*11-12 am Art Club 12-1 pm