



NEW PROGRAMS INSIDE:
Ultimate Frisbee
Summer Slim Down



HELLO SUMMER

Summer 2021 Program Guide
YMCA OF DANE COUNTY

BE HAPPY. BE HEALTHY. BELONG.



When you join the Y, your Membership Includes:

- Free Wellness Consultation
- 100+ free group exercise classes weekly
- Free drop-in child care while you work out
- All inclusive virtual platform to include live streaming classes with your favorite instructors
- All access to YMCA360 for hundreds of on-demand fitness, sports, and family classes
- Full access to all three Dane County locations
- Six Free Day Passes per year to share with your friends and family
- Friendly, caring staff to help you at anytime
- Open gym, swim, basketball, and racquetball
- Variety of state-of-the-art exercise equipment
- Discounted program fees and advanced registration
- Guest privileges at many YMCA's nationwide
- Support a nonprofit in your community



Monthly Membership Rates*

Youth Ages 8-18	\$20
Young Adult Ages 19-35	\$40
Adult Ages 36-59	\$48
Family Same residence	\$68
Senior Ages 60+	\$44
Senior + 1 Ages 60+	\$61

*12-month service agreement

Session Dates

Summer 1: June 1-July 18
Summer 2: July 19-September 5
Registration opens May 3

Operating Hours:

Monday-Thursday: 6:00 am-8:00 pm
Friday: 6:00 am-6:00 pm
Saturday: 6:00 am-2:00 pm
Sunday: 9:00 am-2:00 pm

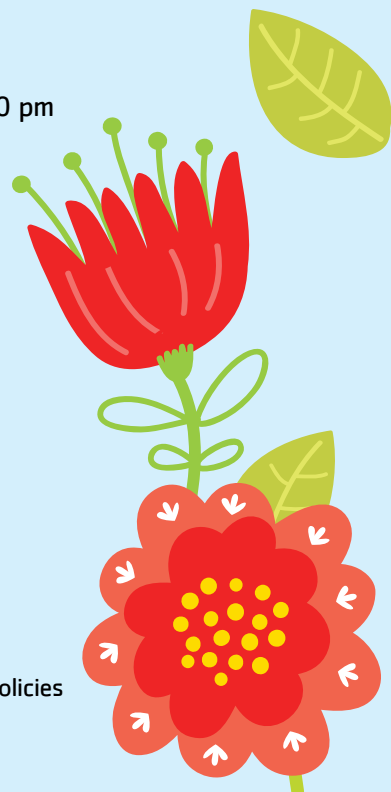
Lussier Family East YMCA
711 Cottage Grove Road
Madison, WI 53713
608 221 1571

Sun Prairie YMCA
1470 Don Simon Drive
Sun Prairie, WI 53590
608 837 8221

Lussier Family West YMCA
5515 Medical Circle
Madison, WI 53719
608 276 6606

For up to date safety protocols and capacity limitations, visit ymcadane.org/reopening-phase-2

For detailed policies, facility age use, and other information, visit ymcadane.org/membership/information-policies



TIME TO BE A KID

YMCA Summer Camp



100 years of fun, friends and a summer camp experience like no other!

FRIENDSHIP A big daily dose of social interaction helps build friendships that last lifetimes.

SKILL DEVELOPMENT Curiosity, exploration and discovery of a wider world brings out brainpower!

FITNESS Hours upon hours of healthy outdoor activity!

SELF-CONFIDENCE Campers grow emotionally by being their best selves.

SAFETY Our state-licensed staff maintains public health protocols.

Register today!
www.ymcadane.org

Youth Programs

Preschool Sports of All Sorts

Ages 3-4
Participants learn basic skills in sports and games such as gymnastics, soccer and t-ball and focus on teamwork and sportsmanship.

Sun Prairie / June 7-July 19

M 9:30-10:00 am

East / June 1-July 13

TU 9:30-10:00 am

West / June 1-July 13

TU 3:00-3:30 pm

Program Price \$50

Discounted Member Price \$25

T-Ball League

Ages 4-6
Participants will be placed on teams and focus on learning the rules and basic fundamentals of t-ball. The league meets once a week for seven weeks; we'll have two weeks of practices followed by five weeks of games, and game times will rotate weekly. Players receive a team t-shirt, and volunteer coaches are needed. Depending on enrollment, East and West YMCAs might combine leagues and play on both sides of town.

East: East Y Field [Possible Game Times](#)

June 3-July 15

TH 5:30/6:15/7:00 pm

West: Huegel Jamestown Park [Possible Game Times](#)

June 3-July 15

TH 5:30/6:15/7:00 pm

Sun Prairie: Sacred Hearts [Possible Game Times](#)

June 5-July 24

SA 10:30/11:15 am

Program Price \$60

Discounted Member Price \$30

Coach-Pitch League

Ages 6-8
Players will continue to focus on fundamentals as they step up from the tee to coach-pitch format. Child must have participated in t-ball to play coach-pitch. Game times will rotate weekly. There will be two weeks of practices followed by five weeks of games. Players receive a team t-shirt, and volunteer coaches are needed. Depending on enrollment, East and West YMCAs might combine leagues and play on both sides of town.

East: East YMCA Field [Possible Game Times](#)

June 1-July 13

TU 5:30/6:30 pm

West: Location TBD [Possible Game Times](#)

June 1-July 13

TU 5:30/6:30 pm

Sun Prairie: Sacred Hearts [Possible Game Times](#)

June 5-July 24

SA 9:00/10:00 am

Program Price \$60

Discounted Member Price \$30

Eastside Sharks Tackle Football League

Grades 4-8
Athletes will learn the fundamentals of tackle football through competition in the Dane County Area Youth Football League. We stress the importance of proper technique, player safety, teamwork and positive attitude. Practices will be held during the week at times designated by coaches. Games will take place on Saturdays and are coached by USA Heads Up Tackle-certified coaches. Players must attend school or live within the La Follette High School District to participate, and grade levels are based on 2021-2022 school year.

East: Games played at La Follette HS practice fields

August 3-October 16

Program Price \$250

Discounted Member Price \$200

Youth Programs

Summer Slam 3 v 3 Recreational Basketball League

Grades K-3
The league focuses on skill development, teamwork and most of all fun! Teams are comprised of no more than 12 players, and game t-shirts are included. Two weeks of practice and four weeks of games; game times vary each week. Volunteer coaches are needed. Grades are for the 2020-21 school year.

East [Possible Game Times](#)

July 19-August 26

M K-1 Coed 5:30/6:30 pm

W Gr. 2-3 Girls 5:30/6:30 pm

TH Gr. 2-3 Boys 5:30/6:30 pm

Sun Prairie [Possible Game Times](#)

July 19-August 26

M Gr. K-1 Coed 5:30/6:30 pm

W Gr. 2-3 Girls 5:30/6:30 pm

TH Gr. 2-3 Boys 5:30/6:30 pm

West [Possible Game Times](#)

July 19-August 26

M Gr. K-1 Coed 5:30/6:30 pm

W Gr. 2-3 Girls 5:30/6:30 pm

TH Gr. 2-3 Boys 5:30/6:30 pm

Program Price \$60

Discounted Member Price \$30

Registration Fees Beginning July 5

Program Price \$65

Discounted Member Price \$35

Rookies Basketball

Ages 5-9
We teach the basics through structured drills and game play. Ages 5-6 use 8-foot hoops; Ages 7-9 use 9-foot hoops; and all groups use a junior-sized ball.

East / June 7-July 12

M Ages 5-6 4:00-4:45 pm

M Ages 7-9 5:00-5:45 pm

Sun Prairie / June 2-July 14

W Ages 5-6 4:00-4:45 pm

W Ages 7-9 5:00-5:45 pm

West / June 1-July 13

TU Ages 5-6 4:00-4:45 pm

TU Ages 7-9 5:00-5:45 pm

Program Price \$60

Discounted Member Price \$30

Soccer League

Ages 4-10
We teach the fundamentals of soccer at the team level while emphasizing teamwork and fun! We'll have two weeks of practice followed by four or five weeks of games with game times rotating weekly. Volunteer coaches are needed.



East [Possible Game Times](#)

June 2-July 14

W Ages 4-6 5:30/6:15 pm

W Ages 7-10 6:15/7:15 pm

West [Possible Game Times](#)

June 2-July 14

W Ages 4-6 5:30/6:15 pm

W Ages 7-10 6:15/7:15 pm

Sun Prairie [Possible Game Times](#)

June 3-July 15

TH Ages 4-6 5:00-5:45 pm

TH Ages 7-10 5:45-6:30 pm

Program Price \$60

Discounted Member Price \$30

Bolts Summer Track Club

Grades 1-8
Participants will train for short and long distance running, hurdles, high jump, triple jump, long jump, discuss and shot put and have opportunities to compete in four Wisconsin Track Club meets. State and regional meet competition may also be available.

Sun Prairie: Sun Prairie High School

June 28-August 1

TU/TH 6:00-7:30 pm

Program Price \$80

Discounted Member Price \$40

Youth Programs

Youth Fitness

Ages 8-12

This small group training class offers a sample of agility, balance, strength, flexibility and cardio fitness components.

June 2-July 14

July 21-September 1

West

W 4:15-4:45 pm

Program Price \$70

Discounted Member Price \$35

Gymnastics Preschool/Beginner

Students will learn the basics of gymnastics with repetition on agility, flexibility and strength. Choose the time and age group that best fits your child and schedule.

Sun Prairie / June 1-July 13

TU Ages 3-5 4:30-5:00 pm

TU Ages 4-6 5:05-5:35 pm

Program Price \$95

Discounted Member Price \$48

Gymnastics Intermediate 1

Ages 6+

Students should have beginner-level understanding of gymnastics and be comfortable being in a headstand against a wall on their own, holding themselves on a bar without much help and walking across a balance beam with or without a teacher holding their hand.

Sun Prairie / June 1-July 13

TU 5:40-6:25 pm

Program Price \$108

Discounted Member Price \$54

Karate-Rookie

Ages 4-12

Designed for first-time students. Additional equipment may be needed per instructor. B=Beginning/C=Continuing

June 1-July 18

July 19-September 5

East

TU/TH Ages 4-6 5:00-5:30 pm Lil Dragon-B/C

TU/TH Ages 7-12 4:20-4:50 pm Junior

Sun Prairie

M/W Ages 4-6 4:20-4:50 pm Lil Dragon

M/W Ages 7-12 5:00-5:30 pm Junior

Program Price \$180

Discounted Member Price \$90

Karate-Novice/Continuing

Ages 7-12

For orange/yellow belts.

June 1-July 18

July 19-September 5

East

TU/TH 5:40-6:10 pm

Sun Prairie

M/W 5:40-6:10 pm

Program Price \$180

Discounted Member Price \$90

Karate-Intermediate/Continuing

Ages 7-12

For purple/green belts.

June 1-July 18

July 19-September 5

East

TU/TH 6:20-6:50 pm

Sun Prairie

M/W 6:20-6:50 pm

Program Price \$180

Discounted Member Price \$90

Karate-Beginning Adult/Teen

Ages 13+

For beginning to advanced students.

June 1-July 18

July 19-Sept 5

East

TU/TH 7:00-7:50 pm

Sun Prairie

M/W 7:00-7:50 pm

Program Price \$180

Discounted Member Price \$90

Youth Programs

Eastside Basketball Clinic

Grades K-5

Our clinic is perfect for younger athletes interested in learning the game! We'll focus on individual skill development and fundamentals, learning the rules and some game play. Players can look forward to a fun week of basketball. Grade level is for the 2020-21 school year.

Fridays include JackSplash for the last hour of camp. Be sure to bring your swimsuit, towel and sunscreen!

East / July 19-23

M-F 9:00-11:00 am

Program Price \$95

Discounted Member Price \$55

Lancer Basketball Clinic

Grades 3-8

Clinics consist of structured drills to improve individual skills, all led by La Follette High School Varsity Basketball staff. Grade level is for 2021-22 school year. Fee includes t-shirt.

East: La Follette High School

June 14-16

Boys Grades 3-5 9:00-11:30 am

Boys Grades 6-9 12:00-2:30 pm

Program Price \$95

Discounted Member Price \$55

Lancer Football Youth Camp

Grades 4-8

The camp provides solid fundamental football skills in a non-contact atmosphere. Our focus is teaching campers the football basics. We envision each camper reaching their fullest potential and enjoying the rewards that competitive football has to offer. Grades are based off 2020-21 school year. Includes t-shirt and mouth guard.

East: La Follette Football Practice Fields

July 12-13

M & TU 5:00-8:00 pm

Program Fee \$15

Youth Action Adventure Camp

Grades 1-5

This fun-filled program features sports activity, recreational games and enrichment learning for rising 1st through 5th graders. Campers will enjoy indoor and outdoor programming along with pool activities and two or three action-packed field trips. Please bring a lunch, drink and athletic shoes/clothing to camp each day. Snacks will be provided. Drop off is between 8:30-9:30 am, and pick up is between 3:30-4:30 pm, both at the West YMCA. Note: Sorry, Wisconsin Shares Child Care Subsidy and Madison Child Care Assistance are not available for this program; Y financial assistance is available.

West / June 1-5

M-F 8:30 am-4:30 pm

Program Price \$200

Ultimate Frisbee

Grades 5-8

Learn the basics of frisbee from a 2x Wisconsin High School Ultimate Frisbee State Champion, such as how to properly and consistently throw and catch the disc, add power and touch to your throws, and even how to read the spin on a disc! Throughout the class, we will move from the basics of frisbee to learning and playing the action-packed, fast-paced sport of Ultimate, which requires teamwork, communication, endurance, and mental toughness. Ultimate Frisbee does involve a bit of running, so come prepared to exert a lot of energy and have a lot of fun!

East / June 7-July 19

M Gr. 5 & 6 5:30-6:30 pm

M Gr. 7 & 8 6:30-7:30 pm

West / June 2-July 14

W Gr. 5 & 6 5:30-6:30 pm

W Gr. 7 & 8 6:30-7:30 pm

Program Price \$60

Discounted Member Price \$30



Before & After School Care 2021-2022

You can now register to reserve your spot for next year, and know that we may need to adjust our approach based upon school, community and public health guidelines.

Our programs offer a combination of free choice and structured activities including arts & crafts, exploration, service learning, healthy activity, homework support, character development and conflict resolution. Our programs and staff are state-licensed, and Madison sites are city-accredited. All sites accept Wisconsin Shares, and Madison sites accept city funding.

- Before School Care starts at 6:30am at all Sun Prairie locations and 7:00am for all Madison locations.
- After School Care begins when school releases and ends at 6:00 pm
- Verona Late Start Care is available at our Verona locations to accommodate the late-start
- School schedule; runs 7:00-9:15 am.

Call, email, or visit our website at ymcadane.org for more details.

East Madison Area

Madison Metropolitan School District Sites:

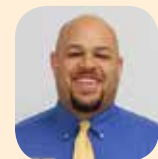
- Elvehjem, Kennedy, Schenk Elementary

McFarland School District Site:

- Conrad Elvehjem Elementary

Monona Grove School District Sites:

- Cottage Grove, Winnequah Elementary



Jason McColl
jmccoll@ymcadane.org
608 906 8651

Sun Prairie Area

DeForest Area School District Sites:

- Eagle Point, Windsor Elementary

Sun Prairie Area School District Sites:

- Creekside, Eastside, Horizon, Meadow View, Royal Oaks, Westside, Token Springs Elementary



Seth Brody
sbrody@ymcadane.org
608 478 4310



West Madison Area

Madison Metropolitan School District Sites:

- Huegel, Olson Elementary

Middleton-Cross Plains Area School District Sites:

- Northside, Pope Farm, Sauk Trail, Sunset Ridge Elementary

Verona Area School District Sites (:

- Country View, Glacier Edge, New Century/International School, Stoner Prairie, Sugar Creek Elementary



Lisa Rheineck
lrheineck@ymcadane.org
608 906 8811

Y Club

Ages 10-14

This staffed program provides a safe and inclusive environment for youth ages 10 to 14 to hangout. There will be a max of 15 participants each day.

Sun Prairie / Starting June 1

M	Gaming Club	4:00-7:00 pm
W	Slime Club	4:00-7:00 pm

Sun Prairie / Starting July 19

M	Cooking Club	4:00-7:00 pm
W	The Great Outdoors	4:00-7:00 pm

Blood Drive

West YMCA

Thursday, April 29
9:00 am- 1:00 pm

East YMCA

Friday, July 30
9:00 am- 1:00 pm

Child Care

Early Childhood Education

Ages 2-5

We strive to meet the developmental needs of each individual child by working in partnership with their families. We use the Creative Curriculum, a hands-on, play-based approach to learning. Children are immersed in high-quality learning in a safe, nurturing and welcoming environment. We will promote the Y's four core values of caring, honesty, respect and responsibility through our actions and words.

East, Sun Prairie & West YMCA

M-F Age 2-5 7:00 am-5:30 pm

Masks

Children age five and above are required to wear masks while in our program. Children enrolled in 4K will be required to wear a mask while indoors. We recommend that all children have a mask to ensure the safety of everyone in the program. Masks will not be worn during mealtimes, rest times and when playing outdoors.

For more information, visit ymcadane.org

4K

Age 4+

Our 4K program is a community-based kindergarten program for four-year-old children eligible for the Madison, Oregon, Sun Prairie and Verona school districts, classes are held at each YMCA branch for Madison and Sun Prairie. The Oregon School District classes are held at Netherwood Knoll Elementary and Verona Area School District classes are held at Stoner Prairie Elementary. Families should enroll children through the school district.

4K Wrap Care

Ages 4-5

If your child is enrolled in one of the Y's 4K programs (placement and registration is managed by area school districts), and you need child care before and after 4K, we offer wrap care at select locations through our licensed preschool program. Current 4K sites offering wrap care include: Madison—East and West YMCAs; Sun Prairie—Sun Prairie YMCA.

Our programs are state-licensed, and Madison sites are city-accredited. All sites accept Wisconsin Shares, and Madison sites accept city funding.



For more information or to schedule a tour

Lussier Family East YMCA

Briana Kurlinkus
bkurlinkus@ymcadane.org
711 Cottage Grove Road
Madison, WI 53716

Sun Prairie YMCA

Sarah Peppas
speppas@ymcadane.org
1470 Don Simon Drive
Sun Prairie, WI 53590

Lussier Family West YMCA

Lindsay Flanagan
lflanagan@ymcadane.org
5515 Medical Circle
Madison, WI 53719



WELCOME TO YOUR VIRTUAL YMCA

Your Virtual YMCA includes access to Virtual Y: LIVE virtual classes with your friends and the local instructors you know and love; PLUS, unlimited access to cutting-edge, on-demand content from YMCA360. Both platforms are included FREE with all YMCA of Dane County memberships!



Virtual Y

See your friends; workout with live, local instructors; and attend special virtual events for kids, families and active older adults including:

- LIVE fitness classes for all ages and skill levels from your favorite instructors
- LIVE special/social events for active older adults and family fun!
- On-demand library of locally created fitness and instructional videos



YMCA360

Hundreds of professionally produced on-demand videos with more added weekly, organized into four easy-to-navigate categories:

- Kids/Family: Cooking, arts, sports and more
- Mind & Body: Yoga, pilates, tai chi and meditation
- Fitness First: A wide variety of classes and instructors
- Boomers & Beyond: Fitness for Active Older Adults.

Virtual Y and YMCA360 are available right at your fingertips, anywhere you can connect to the Internet.

Learn more and get started at: ymcadane.org/virtual-ymca

If your membership is on hold or you are having problems logging in, contact membership@ymcadane.org

Drop-In Fitness

Balance & Flow

A gentle blend of Tai Chi, Yoga, strength, balance and mobility exercises. No equipment needed.

Basic Strength

A full body strength workout. Hitting all muscle groups using multiple modalities, tempos and rest breaks. Improve your technique and learn how to stress your body the right way!

BODYPUMP™

A barbell class that will sculpt, tone and strengthen your entire body!

Boot Camp

High-intensity, cross-training workout that may include strength, cardio, interval circuits, agility training and more.

CXWORX™

A 30-minute workout with resistance tubes and weight plates, as well as body weight exercises, to tone your abs, hips, glutes and lower back.

Fit For Life Cardio

An aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow, low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises.

Fit to Fight

Combine martial arts techniques with fast-paced cardio. Build stamina, improve coordination and flexibility as you build lean muscle with this fun challenging workout. Appropriate for beginning and seasoned exercisers.

Gentle Yoga

This class helps improve flexibility, muscular strength, posture and alignment. Great for beginners and those looking for a slower pace.

Group Cycling

Use vibrant colors to keep you on track with your goals. You'll take on a variety of unique rides focusing on distance, watts, calories and RPMs, all in a fun group environment.

Hit the Beat

Dance to fun energetic music from a variety of genres. Easy to follow dance and aerobic steps to get your heart rate up, lift your mood and have a blast!

INSANITY®

A cardio class based on max interval training makes the most of your workout time. No equipment or weights are needed.

INSANITY®-CXWORX® Combo

A combination of two great workouts in one!

Pilates

Develop core strength and stabilization in this ultimate program for gaining control of movement and developing a lean, toned body.

Senior Cardio Dance

Exercise to fun, motivating music utilizing the rhythm to increase your heart rate, improve agility and coordination. Dance like no one is watching because we can't see you!

Spin and Strength

This total-body workout focuses on building stamina and strength for all fitness levels. We'll use dumbbells, medicine balls, plyo boxes, and more. Stay for the full class or just attend one part!

Strength Fusion

A workout employing stability balls, hand weights, body bars and resistance bands to sculpt, define and tone the upper and lower body.

Walkfit

A blend of cardio and strength training exercises that can be adjusted for any activity level. You can go faster, slower, bigger or smaller. A well balanced blend of exercises to help get your heart rate up a little and help you move better through your day.

WERQ®

Fiercely fun dance/fitness workout class based on pop, rock and hip-hop music.

Yoga Flow

Join us for a mixture of meditation, breath-work and energizing movement.

ZUMBA®

A fusion of Latin, hip-hop and international music dance themes that creates a dynamic, exciting and effective fitness system! It is a mixture of body sculpting movements with easy to follow dance steps.

Aqua Blast

Churn up the white water in this challenging yet fun shallow-water workout. Cardio, strength, flexibility—this class has it all. Maximize your training efforts against the resistance properties of the water, and enjoy an exercise session that lessens the impact on your joints.

Aqua Dance

Perfect for anyone looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

Aqua Zumba®

Join us for a "pool party" workout! Water-based movements that adhere to the Zumba® fusion of Latin, hip-hop and international music.

Gentle Water Exercise

Low-intensity workout for new exercisers, active older adults and anyone looking to strengthen and stretch in the pool. Non-swimmers welcome!

WATERinMOTION®

Our newest aqua exercise workout that provides a low-impact, high-energy challenge for participants of all ages, skill and fitness levels.

Body Composition Analysis-InBody

A body composition test that shows Body Fat, BMI (Body Mass Index), Dry Lean Mass, Total Body Water and much more. Test results further aid in forming an overall health and wellness plan. Make an appointment at our member services desk or in the fitness center.

East/Sun Prairie/West

Members Only \$35

Personal Training

Get help setting fitness goals and building a personalized exercise program whether you're a gym rookie or seasoned vet. Your trainer will assist with motivation, challenges, change, safety and accountability and find answers to your wellness-related questions. Body composition analysis included with personal training purchase. One session = one hour.

30 minutes	\$35
1 hour	\$55
3 hours	\$159
5 hours	\$252
10 hours	\$484

Buddy Training

Join the expertise of a personal trainer with motivation from a friend for a fraction of regular training costs. Price is for (5) one-hour sessions.

Members Only (Group of 2)

5 Sessions \$164/person

Small Group Training

Get the expertise of a personal trainer with group motivation for a fraction of regular training costs.

Sun Prairie / West

Members Only (Groups of 3-6)

5 Sessions \$137/person



Swim Guide available online at www.ymcadane.org

Jumpstart | Cardio

Ages 16+

If you want to get moving again and need a little help to do so, this four-week program will be perfect for you. This 45-minute class meets two times a week and will focus on how to properly warm-up, find the right intensity, and recover from your workouts.

West / May 3-26

M/W 9:00-9:45 am

Program Price \$140

Discounted Member Price \$70

Jumpstart | Strength

Ages 16+

Whether you are just starting out or restarting after a break, this class is designed to help you build strength. Strength programs can be confusing and even intimidating, but this program is designed to make you comfortable lifting weights and will help build, tone and strengthen your whole body.

West / May 4-28

TU/F 9:00-9:45 am

West / June 7-30

M/W 8:30-9:15 am

Program Price \$140

Discounted Member Price \$70

Jumpstart | Core

Ages 16+

Focus on core exercises that get progressively more challenging each week. We'll form good workout habits and develop a program to keep you on track.

West / June 8-July 1

TU/TH 6:00-6:45 pm

West / June 7-30

M/W 9:30-10:15 am

Program Price \$140

Discounted Member Price \$70

Summer Slim Down

Ages 16+

This eight-week program meets twice per week outside and incorporates both exercise (a mix of cardio and simple strength training) and nutrition coaching to help you meet your summer slim down goals.

Sun Prairie / June 14-August 4

M/W 7:00-7:45 am

Sun Prairie / June 15-August 5

TU/TH 6:15-7:00 pm

Program Price \$380

Discounted Member Price \$190



Sun Prairie Kiddie Pool

M/W 9:00-11:00 am

F 3:00-6:00 pm

SA/SU 12:00-2:00 pm

- One hour max
- Two families per hour
- Max of six per family
- Sign up 48 hours in advance at the Front Desk
- One sign up/weekend

Four Core Community Fitness

Strength and conditioning program that utilizes constantly varied, functional movements executed at a high intensity. It's a combination of aerobic exercise, interval training, weightlifting, calisthenics and other exercises facilitated by our coaches.

The program is broad and inclusive by design, with universal scalability that makes it an effective fitness solution for any committed individual regardless of experience. So wherever you're at physically, FCCF can work for you because only the load and intensity change; the program does not.

West

Y Members Only	\$85/month or \$80 with a 12 month Commitment
Two Y Members	\$135/month (Same household) or \$130 with a 12 month commitment

Getting Started with Four Core Community Fitness

All new clients must attend the introductory on-ramp class, or be able to test out prior to starting.

Four Core Community Fitness | On-Ramp

Learn the essentials of weightlifting with three one-on-one appointments with one of our certified coaches. This can also be used for those that want to learn how to or improve their weightlifting skills.

Y Members Only \$75

Four Core Teen Strength

Ages 13+

The barbell is one of the best tools out there for building strength in all individuals. This class will teach teens how to use them safely and effectively under the supervision of one of our certified coaches. This class will focus heavily on mechanics of lifting weight, the importance of preparation and recovery, and building confidence in the gym.

June 1-July 18

July 19-September 5

West

TU/TH 4:00-4:45 pm

M/W 6:00-6:45 pm

Program Price \$280

Discounted Member Price \$140