



Family Circuit

Friday, July 18, 2008

6:30 PM -- 8:00 PM

in the Gymnasium



Join us in a **10-station circuit class** designed for moms, dads, and children ages 9 and up. Children must be accompanied by a parent or guardian.

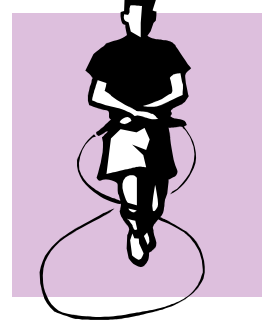
FREE to Facility members!

Program members: \$10/family

Non-YMCA members: \$25/family

Enroll at the Membership Services desk.

1. Warm-ups – skip, hop, walk around the gym 3 times
2. Push-ups (wall, intermediate, military)
3. Cardio-Rhythms & Dance
4. Squats
5. Jumping Jacks (level one, two and three)
6. Elastic Moves
7. Cardio-Rhythms & Dance
8. Curl & Crunch
9. Bird-Dogs & Camels
10. Yoga animal poses for stretch



We build strong kids, strong families, and strong communities.