



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ARE YOU READY TO START YOUR JOURNEY TO BETTER HEALTH?

## Fitness 101 Classes

BILLINGS FAMILY YMCA

**New classes start every month!**

Fitness 101 classes are **FREE** for non-members in the Billings community and for new Y Members. This 7-week program covers the basic components of health and fitness, with a focus on promoting a long term active lifestyle.

To receive the most benefit from the program, participants are required to participate in two 45 minute classes per week.

406-248-1685

Billings Family YMCA  
402 N. 32<sup>nd</sup> Street  
Billings, MT 59101  
[www.billingsymca.org](http://www.billingsymca.org)



## **PROGRAM INFORMATION:**

### **CLASSES:**

- September
  - Monday/Wednesday – 5:30pm-6:15pm, Sept. 7-Oct. 21
- October
  - Tuesday/Thursday - 9am-9:45am, Oct. 6- Nov. 19
- November
  - Monday/Wednesday –5:30pm-6:15pm, Nov. 2-Dec. 16
- December
  - Monday/Wednesday – 9am-9:45am, Dec. 7 – Jan. 20

### **PROGRAM ACTIVITIES:**

- Introduction to the following basics:
  - cardiovascular activities
  - strength training activities
  - flexibility exercises
  - stability ball exercises

### **REGISTRATION INFORMATION:**

- Registration is open now! Sign up today to reserve your spot!
- Class size is limited to 12 participants
- Each class requires a minimum of 5 participants
- Individuals 12 years old and older are welcome to enroll

### **COST:**

This program is FREE to members AND non-members in the Billings community looking to get started toward a healthy lifestyle!

### **PROGRAM BENEFITS:**

- During the program, participants will have access to the Billings Family YMCA to try out other classes and activities offered.
- After successful completion of this program, we encourage participants to continue a life-long commitment to health and fitness as a member of the Billings Family YMCA! To help get you started, we will waive \$120 of the non-member joiner's fee.

[Click here to register online starting August 1, 2015!](#)