



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HARVEST/LOCKWOOD CLASSES

## BILLINGS FAMILY YMCA – OFFSITE CLASSES

**BOOTCAMP** – This is a high intensity, military style workout class. It will incorporate cardio and strength training. This class routine will vary from obstacle courses to circuit training. Each participant will experience progress according to his/her own level fitness. This class can be modified for all fitness levels.

SESSIONS: Jan. 2-30, Feb. 1-27, March 1-31, April 3-28

CLASSES: Mondays, Wednesdays, Fridays, 6am-7am

LOCATION: Harvest Church, Heights

COST: Non-members \$35, free for members

**PIYO** – PIYO is a unique combination of Pilates, Yoga, strength conditioning, flexibility and dynamic balance.

Learn movements that elongate muscles, strengthen the core, release tension, deepen breath and improve posture.

SESSIONS: Jan. 3-31, Feb. 2-27, March 2-30, April 4-27

CLASSES: Tuesdays & Thursdays, 5:30pm-6:30pm

LOCATION: Oasis Water park

COST: Non-members \$30, free for members

**ACTIVE OLDER ADULTS** – A low-impact workout designed for active older adults. Incorporates strength training, cardio and stretching. It is never too late to start exercising and this class is guaranteed to make you feel young again.

SESSIONS: Jan. 3-31, Feb. 2-28, March 2-30, April 4-27

CLASSES: Tuesdays & Thursdays, 8:15am-9:15am

LOCATION: Harvest Church, Lockwood

COST: Non-members \$30, free for members

**ALL AGES YOGA** – This class is a holistic form of exercise and mental discipline that restores health and peace of mind. The relaxation and breathing techniques enable one to release tension and increase flexibility.

AGE: All ages welcome

SESSIONS: Jan. 2-30, Feb. 1-27, March 1-31, April 3-28

CLASSES: Mondays & Wednesdays, 5pm-6pm

LOCATION: Oasis Water Park

COST: Non-members \$30, free for member

### REGISTRATION INFORMATION:

- Member registration begins Dec. 1, 2016
- Non-member registration begins Dec. 1, 2016

406-248-1685

402 N. 32<sup>nd</sup> Street

Billings, MT 59101

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

