



HARVEST/LOCKWOOD CLASSES

BILLINGS FAMILY YMCA – OFFSITE CLASSES

BOOTCAMP

A high intensity, military style workout class incorporating cardio and strength training; routines vary from obstacle courses to circuit training. Participants progress at their own level.

AGE: All ages welcome

COST: Free for members, non-members \$55

DATES: Jan. 3-31, Feb. 2-28, Mar. 2-30, Apr. 2-30 May 2-30

DAY & TIME: M/W/F 6am-7am

LOCATION: Harvest Church, Heights

PIYO

A unique class designed to build strength & gain flexibility, the moves fit perfectly together filled with intense choreography, challenging and invigorating.

AGE: 12+

COST: Free for members, non-members \$35

DATES: Jan. 2-30, Feb. 1-27, Mar. 1-31, Apr. 3-26 May 1-29

DAY & TIME: T/TH 5:30pm-6:30pm

LOCATION: Oasis Water Park

ACTIVE OLDER ADULTS

AGE: 50+

COST: Free for members, non-members \$35

DATES: Jan. 2-30, Feb. 1-27, Mar. 1-31, Apr. 3-26 May 1-29

DAY & TIME: T/TH 8:15am-9:15am

LOCATION: Harvest Church, Lockwood

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 for all ages.

AGE: All ages welcome

COST: Free for members, non-members \$35

DATES: Jan. 3-31, Feb. 5-28, Mar. 5-28, Apr. 2-30 May 2-30

DAY & TIME: M/W 5pm-6pm

LOCATION: Oasis Water Park

STROLLER FITNESS

A stroller-based fitness program designed for parents with little ones. Each 55 min, total body workout incorporates cardio, strength and toning activities. Stroller Fitness can form lasting friendships with other parents through organized play dates, support, and activities for the parent and kiddos.

AGE: Parents with children 0-5

COST: Members \$30, non-members \$45

DATES: Jan. 9- Feb. 1, Feb. 13- Mar. 8, Mar. 20- Apr. 12, Apr. 24 - May 17

DAY & TIME: T/TH 10am-11am

LOCATION: Harvest Church, Heights

OULA

This fun, high impact cardio dance class teaches dance technique and choreography that will inspire!

AGE: All ages welcome

COST: Members Free, non-members \$35

DATES: Jan. 2-30, Feb. 1-27, Mar. 1-31, Apr. 3 -26 May 1 -29

DAY & TIME: T/TH 5:30pm-6:30pm

LOCATION: Harvest Church, Heights

REGISTRATION INFORMATION:

- Member registration begins Dec. 1, 2017
- Non-member registration begins Dec. 1, 2017

