



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 new members and non-members in the Billings community!

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
402 N. 32nd Street
Billings, MT 59101
www.billingsymca.org



PROGRAM INFORMATION:

AGE: 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!

CLASSES:

- June
 - M/W – 9:00am-9:45am, June 5- July19
- July
 - M/W –5:30pm-6:15pm, July 3-Aug. 16
- August
 - M/W – 9:00am-9:45am, Aug. 7 – Sept. 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

[Click here to register online today!](#)

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.