



Get Started Classes



*The Billings Family YMCA staff will help you **Get Started!***

Get Started is a FREE program to help non-members in the Billings community start a fitness program and develop and maintain a healthy lifestyle.

This 8-week program covers the basic components of health and fitness, with a focus on promoting long term activity. To receive the most benefit from the program, participants are required to participate in two 55 minute classes per week.

<p>August 4th – September 29th</p> <p>Monday & Wednesday</p> <p>10:00 – 10:55 am 12:10 – 12:55 pm</p>	<p>August 3rd – September 23rd</p> <p>Tuesday & Thursday</p> <p>9:00 – 9:55 am 4:30 – 5:25 pm 5:30 – 6:25 pm</p>
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Stay Active All Summer Long!
Sign Up for a Youth Sports Program!

Billings Family YMCA Mission
To put Christian Principles into practice through programs that build healthy spirit, mind and body for all.

Program Information

Sessions Begin
August 4th & Sept 29th

Cost
FREE for non-members

- Registration Information
- Registration is open for these sessions
 - Class size limited to 10 participants, and require a minimum of 5 participants
 - Individuals 10 years old and older are welcome to enroll

GET STARTED!
STAY ACTIVE!

*At the completion of the **Get Started** program, we encourage you to continue your life-long commitment to health and fitness as a member of the Billings Family YMCA!*

*We offer **First Step** classes and group exercise classes for members to support the ongoing challenge of maintaining a healthy lifestyle.*



Billings Family YMCA

248-1685

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