FREE land-based group exercise classes for Y members!

It’s a great time to be a Y-member! Take advantage of more than 50 group exercise classes at no extra charge. Visit www.jcymca.org for a schedule of classes.

SHARE THE Y

Workouts go better TOGETHER!
Refer a friend to join the Y and you’ll both get a month FREE!

For more information, see page 9 or visit www.jcymca.org.

JEFFERSON CITY AREA YMCA
Fall 2015
Sept./Oct./Nov./Dec.

www.jcymca.org
Cancellation Line: 573.681.9622
Join us on facebook

Partner Agency United Way

For more information, see page 9 or visit www.jcymca.org.
YMCA MISSION STATEMENT
The Jefferson City Area YMCA is an association comprised of persons of all ages, ethnic groups and religious affiliations dedicated to putting Christian principles into practice through programs that build a healthy spirit, mind and body for all.

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JEFFERSON CITY AREA YMCA STAFF

Administration
Chief Executive Officer ........................................ Craig Lammers ........................................ 761-9011 ............ Firley
Chief Operating Officer ......................................... Joe Lopez .................................................. 761-9021 ............ Firley
Finance Director .................................................... Kathy Frese ............................................. 761-9004 ............ Firley
Development Director .......................................... Shelly Poire ............................................. 761-9002 ............ Firley
Office Manager/Facility Rentals ......................... Leslie Jeffries ............................................. 761-9006 ............ Firley

Aquatics
Aquatics Director/Pool Rentals ................................ Ronnie Phelps .......................................... 761-9007 ............ Knowles

Childcare
Childcare Director .................................................. Jessica Kever ............................................. 761-3196 ............ Knowles
Childcare Assistant Director ............................... Isaac Williams .......................................... 761-9192 ............ Knowles
Senior Site Director ............................................. Josh Ferguson ............................................ 761-0716 ............ Knowles
YMCA Child Development Center ........................ Sunny Carron ............................................. 635-6665 ............ CDC

Fitness Centers
Firley Fitness Center ............................................. 525 Ellis Blvd ........................................... 761-9005 ............ Firley
Knowles Fitness Center ......................................... 424 Stadium Blvd ......................................... 761-3542 ............ Knowles
West Fitness Center ............................................. 3507 Amazonas Dr ......................................... 761-9501 ............ West

Health & Fitness
Group Fitness/SilverSneakers® Coordinator ........ Donna Prenger .......................................... 761-3459 ............ Firley

Information
Firley Service Desk ............................................. 525 Ellis Blvd ........................................... 761-9530 ............ Firley
Knowles Service Desk ........................................ 424 Stadium Blvd ......................................... 761-9531 ............ Knowles
West Service Desk ............................................. 3507 Amazonas Dr ......................................... 761-9532 ............ West

Online Registration .............................................. www.jcymca.org
Cancellation Line .................................................. 681-9622

Membership
Membership Director ........................................... Kathlene Woodruff ........................................ 761-9504 ............ Firley
Senior Service Administrator ......................... Melanie Blochberger ........................................ 761-9001 ............ Firley

Property
Property Manager .............................................. Tom Jansen ................................................. 761-9014 ............ Firley
Security .................................................................... Isaac Williams ............................................. 761-9192 ............ Knowles

Sports
Sports Director/Climbing Wall Rentals ........ Craig Hall ................................................. 761-9003 ............ West
Tennis Professional ............................................ Mickey Gage ............................................. 761-9009 ............ Firley

Youth in Government
Interim State Director ...................................... Stefan Dudziak ........................................... 635-6215 ............ Firley
**MEMBERSHIP**

Jefferson City Area YMCA members are entitled to use all three YMCA facilities: Firley Center-525 Ellis Blvd.; Knowles Center-424 Stadium Blvd.; West Center-3507 Amazonas Dr., as well as participate in land group exercise classes free and receive reduced rates for programs.

**MEMBERSHIP PAYMENT INFORMATION**

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Monthly Bank Draft</th>
<th>Joining Fee w/ Agreement</th>
<th>Joining Fee w/out Agreement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth/Young Adult</td>
<td>$27</td>
<td>$0</td>
<td>$50</td>
</tr>
<tr>
<td>Adult</td>
<td>$38</td>
<td>$0</td>
<td>$75</td>
</tr>
<tr>
<td>Couple</td>
<td>$47</td>
<td>$0</td>
<td>$100</td>
</tr>
<tr>
<td>Single Parent Family</td>
<td>$38</td>
<td>$0</td>
<td>$75</td>
</tr>
<tr>
<td>Family</td>
<td>$47</td>
<td>$0</td>
<td>$100</td>
</tr>
<tr>
<td>Senior Adult</td>
<td>$31</td>
<td>$0</td>
<td>$50</td>
</tr>
<tr>
<td>Senior Couple</td>
<td>$38</td>
<td>$0</td>
<td>$75</td>
</tr>
</tbody>
</table>

Current Photo ID is Required for Individuals 16 Years or Older.

**MEMBERSHIP DESCRIPTIONS**

**Youth/Young Adult**: Defined as an individual between the ages of 14–23. (Individuals under the age of 14 must be accompanied by an adult with membership privileges.)

**Adult**: Defined as any individual 24 years of age or older.

**Couple**: Defined as two legally married persons without children. (Verification may be required upon request in the event of differing last names, residence, etc.)

**Single Parent Family**: Defined as a household with one parent. The membership includes family members as defined in the family membership.

**Family**: Defined as two legally married persons and includes all dependent, immediate family living at home. Immediate family may include dependent parents and grandparents living in the home, dependent children 23 years of age and younger and disabled family members living at home. (Verification may be required upon request in the event of differing last names, residence, etc.)

**Senior Adult**: Defined as any individual person 62 years of age or older. (Members must complete a membership change form when they qualify for the reduced rate.)

**Senior Couple**: Defined as two legally married persons, who are both 62 years of age or older. Members must complete a membership change form when they qualify for the reduced rate. (Verification may be required upon request in the event of differing last names, residence, etc.)

**MEMBERSHIP DISCLAIMER**

Any change in membership classification (e.g. adult to senior adult or married to adult) will be the sole responsibility of the member. Please complete a membership change form at the service desk to notify the YMCA of any change of membership classification.

**BENEFIT OF BANK DRAFT PAY METHOD**

For your convenience, the YMCA will automatically draft membership dues from your checking or savings account on the 1st of every month.

**CANCELLATION REQUIREMENT**

Members wishing to cancel before the terms of their membership agreement are fulfilled will be given the option of paying a joining fee or the balance of the agreement. The bank draft is automatically renewed until you tell us, in writing, to stop drafting your account. Bank drafts for membership dues and/or program fees must be cancelled in writing by the 25th of the month to avoid the draft for the following month. Draft amounts are not refundable except in the case of double drafts or incorrect amounts.

**ACCEPTANCE OF COLLECTION COSTS**

Payment for services are due in advance. Payment not received by the specified deadline or as a result of an insufficient check may be subject to collections activity by a collections agency and/or attorney. If such should occur, patron agrees that he/she shall be responsible for any and all of the Jefferson City Area YMCA’s expenses, including, but not limited to, collection costs, court costs and attorney’s fees, whether or not litigation is commenced.

**YMCA OUTREACH FUND**

Financial support for the Jefferson City Area Y’s Outreach Fund is provided by the Y’s Annual Auction, Bob Linville Memorial Golf Tournament, individual donations and United Way funds. Any individual(s) who cannot afford the regular fees is welcome to complete an application for the Outreach Program. Applications are available at the service desk or on our website at www.jcymca.org.
Your YMCA membership includes access to all three YMCA facilities.

**FIRLEY • 525 Ellis Blvd. • 761-9530**
- 25 Meter Outdoor Pool (4 ft.-12 ft.)
- Fitness Center
- Racquetball/Handball Courts (5)
- Indoor Tennis Courts (4)
- 1/14 Mile Indoor Track
- Whirlpools
- Saunas
- Steam Rooms
- Locker Rooms
- Multipurpose Room
- Indoor Basketball Courts (2)
- Conference Room
- Indoor Climbing Wall
- Nursery
- Indoor Cycling Room

**WEST • 3507 Amazonas Dr. • 761-9532**
- Fitness Center
- Group Exercise Room
- Multipurpose Room
- Locker Rooms
- Saunas
- Steam Rooms
- Nursery
- Kids’ Center

**KNOWLES • 424 Stadium Blvd. • 761-9531**
- 25 Yard Indoor Pool (4 ft.-9 ft.)
- FitLinx Fitness Center
- Gymnastics Center
- Indoor Basketball Courts (2)
- 1/16 Mile Indoor Track
- 1/3 Mile Outdoor Trail
- Whirlpool
- Locker Rooms
- Saunas
- Steam Rooms
- Family Changing Rooms
- School-Age Child Care
- Nursery
- Kids’ Center

**KNOWLES ANNEX • 424 Stadium Blvd.**
- Multipurpose Room
- Big Brothers/Big Sisters
- Young Life

---

**FACILITY HOURS**

**Monday–Thursday**
- Firley and West......................... 4:30 a.m.–10 p.m.
- Knowles.................................. 5 a.m.–10 p.m.

**Friday**
- Firley and West......................... 4:30 a.m.–9 p.m.
- Knowles.................................. 5 a.m.–9 p.m.

**Saturday and Sunday – thru August 31**
- Firley, West & Knowles.............. 6:30 a.m.–6 p.m.

**Saturday and Sunday – new hours effective September 1**
- Firley, West & Knowles.............. 6 a.m.–6 p.m.

**Holidays**
- Please see page 27 for a list of holidays.

The YMCA is open every day of the year except Easter Sunday, Thanksgiving Day & Christmas Day.

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**FACILITY USAGE AGE REQUIREMENTS**

**Facilities:** (Gyms, Tracks, Tennis & Racquetball Courts)
- Members under the age of 14 must be accompanied by a member 16 years or older.

**Fitness Centers:**
- 14 years and older or those who have passed the Kidz N Weights or Kidz N Training (West) class, wearing an ID bracelet and are accompanied by an adult 18 years and older.

**Pools:** During recreation swim, an adult 18 years and older must accompany children 7 years of age and under in the water. An adult 18 years and older must accompany children 8–13 years of age in the pool area.

**Sauna/Steam Room:** 14 and older

**Spa/Whirlpool:** 16 and older

**Nursery:** 3 months–Pre-Kindergarten

**Kids Center:** 5–13 years old
Program & Class Registration

General Policies
1. The Jefferson City Area YMCA welcomes registration by Y-members as well as non-members.
2. Registration can be made in person or online at www.jcymca.org (MC/Visa/Discover).
3. Individuals enrolled and participating in a class or activity as a Y-member must have a current membership during the activity period.
4. Registrations are accepted according to the registration schedule on a first come, first serve basis. Members placing their name on a waiting list shall have priority over non-member participants.
5. Registration must be accompanied by full payment for all programs/classes unless authorized by a Director.
6. Bank draft payment is available for child care, swim team, permanent court time and aerobics.
7. Neither members nor program participants will be permitted more than one discount when purchasing services. In situations of multiple discounts, the member/participant must choose which to use.

Registering for Programs
For your convenience, the YMCA offers a variety of program registration options at all three of our Jefferson City locations. You may pay by cash, check, credit or debit card. Registration can be completed in person or online at www.jcymca.org (MC/Visa/Discover).

Program Refund & Credit Policy
The following is provided as a reminder of policies relating to program fees:
1. Errors/Cancellations: In the event of an overcharge, the participant may choose a credit or refund.
2. Weather: Cancellations due to weather will be made up once during a program with six or fewer games, lessons or classes and twice for those with more than six. In certain programs, such as Group Fitness, the YMCA may offer a pass to another class or lesson. No refunds will be issued due to weather related cancellations. In the case of winter sports, no credits, make-ups or refunds will be given.
3. Illness/Injury: When a serious illness or injury prevents a program participant from participating in more than half a program session, a credit will be issued for the full amount. The participant must request the credit during the affected program session, not after it has concluded. A medical statement must substantiate the illness or injury.
4. Program Withdrawal: A credit will be given to any registrant up to one week prior to the start of the program. Exceptions may exist as explained on specific program flyers and/or registration forms.
5. Credits: Credits are transferable to immediate family members and are valid for one calendar year, transferable to any YMCA program. Credits may not be applied to membership fees, swim team or gymnastics.
6. Private Lessons/Counseling: Cancellation or rescheduling of appointments requires 24-hour notice. A refund or transfer payment may be made due to relocation.
7. Bank draft for program fees must be cancelled in writing by the 25th of the month.
8. Program Directors, through the business office, will administer the credit/refund policy. Exception for cause may be made by the Department Director or Chief Executive Officer.

Holiday Memberships
Holiday memberships will be offered beginning December 1, 2015, during the Winter school break. They are valid one month from the date of purchase, not to extend past January 31, 2016. Holiday memberships cannot be purchased after January 15, 2016. Program discounts are not available with holiday memberships.

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>1 Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual/SINGLE Parent Family</td>
<td>$50</td>
</tr>
<tr>
<td>Family/Couple</td>
<td>$75</td>
</tr>
</tbody>
</table>
INCLEMENT WEATHER
If Jefferson City Public Schools are closed, morning classes at the Y will not meet and the nurseries will be closed. Due to the unpredictability of each weather situation, the Y reserves the right to alter this procedure on a case by case basis and decisions will be made by 6:30 a.m. Unless otherwise communicated, activities will commence at noon. Cancellation of afternoon programs will be made by 11 a.m. Cancellation of evening programs will be made by 3 p.m. or 60 minutes prior to the scheduled starting time of the program. If the Jefferson City Public Schools are cancelled, the Child Development Center and Knowles Indoor Pool will open at 8 a.m. and Y-Care is cancelled. Cancellations and closings will be announced at jcymca.org, on the Y’s Facebook page and on the Y information line at 681-9622.

DAY PASS
A non-member can use the YMCA facilities by showing a current photo ID* and paying the day pass fee. Non-members 15 and under must be accompanied by an adult 18 years or older with a valid photo ID*. Non-members 16 and older must show a valid photo ID*. Day passes cannot be purchased any time Sunday–Tuesday and from 5–7 p.m. on Wednesday and Thursday.

Day Pass Fee:
- FREE Child (under age 5)
- $5 Youth/Young Adult (6-17 years)
- $5 Senior (62 and older)
- $10 Adult (18 and older)
- $15 Family

6-Day Pass Fee: $48 Adult
(*Photo ID must include date of birth.)

GUEST ENTRY POLICY
Guest entry is for those interested in Y membership. Membership privileges may be granted one time at no charge after the following has been accomplished:
- Check-in with the Service Desk
- Provide current photo ID that includes date of birth
- Tour the Facility
Guest entry is accepted at any time.

AWAY PROGRAM
Members of the Jefferson City Area Y are welcomed by YMCAs nationwide. The Jefferson City Area YMCA welcomes members of YMCAs in the United States for free for up to 10 visits in a calendar year. After 10 complimentary visits, members will be welcomed for half the day pass fee. Away passes are available to members who live beyond a 30-mile radius of the Jefferson City Area Y. Away members must provide current photo ID that includes date of birth.

VISITOR PASS POLICY
Each Y membership account will be credited six visitor passes per year to share. Each pass grants an individual or a family access into the facilities for one day. Visitors must be accompanied by a member 16 years or older, adhere to membership guidelines and provide a current photo ID that includes date of birth. Visitor passes are accepted during member only times.

MEMBER ONLY TIMES
The YMCA is open to “members only” all day on Sunday, Monday and Tuesday and from 5–7 p.m. on Wednesday and Thursday.

LOCKER RENTAL
Lockers may be rented on annual basis. At the Firley Y, the full locker fee is $75 and half locker fee is $50. At the Knowles Y, the locker fee is $63. At the West Y, the extra-large locker fee is $100, the full locker fee is $75 and the half locker fee is $50. Individuals may use empty lockers and are asked to bring their own locks that MUST be removed daily.

THEFT PRECAUTION
The YMCA is not responsible for lost or stolen property. If you must bring valuables into the YMCA, keep your locker locked. You may leave any of your valuables in a lock box in the lobby, fitness centers or gymnasiums. Please report any suspicious activity to the front desk immediately.

EQUIPMENT DEPOSIT
A $5 cash deposit for each piece of equipment is required to check out racquetball, basketball or tennis equipment.

FIRLEY CENTER PARKING
A full parking lot means your YMCA is being utilized and that’s great news. However, if you find yourself circling for a place to park, you may use the Community Christian Church lot west of the Firley Y and the YMCA Child Development Center lot to the east.

VIDEO & AUDIO TAPING
The Jefferson City Area Y has video cameras and audio recording devices in order to conduct security surveillance and service audits of employees. For these purposes, video cameras have been installed in facility locations including, but not limited to, the pool, nursery, entryways, hallways outside the locker rooms. In using the Y’s facilities and services, you are consenting to your actions and conversations being recorded.

ACCESSIBILITY STATEMENT
The Jefferson City Area YMCA recognizes equal opportunity for persons with developmental challenges. We encourage people of all abilities to participate in our programs and use our facilities. If necessary accommodations are needed, our staff will be happy to talk with you to make your experience positive.

POLICY ON REGISTERED SEX OFFENDERS
The Jefferson City Area YMCA prohibits sex offenders from obtaining membership or participating in classes and programs offered in or on the grounds of any of its facilities. The YMCA will monitor the names of registered sex offenders in its service area and compare them to its membership and program participant database. Upon discovery of a member being a registered sex offender, the YMCA will immediately terminate the member’s membership. Upon the discovery of an on-site program or class participant being a registered sex offender, the participant will be immediately removed from the program or class. Registered sex offenders will be prohibited from serving as coaches, trainers or managers for any YMCA sports team.
**HEALTH & FITNESS**

**3 FITNESS CENTERS TO FIT EVERY HEALTH & FITNESS NEED**

**KNOWLES: 424 Stadium Blvd.**
- 40 pieces of cardio equipment which includes: treadmills, ellipticals, recumbent bikes, upright bikes, ergometer, steppers, Precor AMTs, crosstrainers, Helix, Cybex Arc Trainer, etc.
- Nautilus Strength Equipment
- Free weights – Dumbbells up to 50 lbs.
- Cables
- Wheelchair accessible cardio ergometer

**FIRLEY: 525 Ellis Blvd.**
- 45 pieces of cardio equipment which includes: treadmills, ellipticals, recumbent bikes, upright bikes, row machine, steppers, Precor AMTs, Helix, crosstrainers, Stairmaster Stepmills, Cybex Arc Trainers, etc.
- Cybex Strength Equipment
- Hammer Strength Equipment
- Free weights – Dumbbells 2-150 lbs. and Barbells 25-115 lbs.
- Cables
- Multigym
- Wheelchair accessible strength equipment

**WEST: 3507 Amazonas Dr.**
- 55 pieces of cardio equipment which includes: Lifefitness treadmills, ellipticals, recumbent bikes, upright bikes, row machine, Precor AMTs, Cybex Arc Trainers, Helix, Stairmaster Steppers and Stepmills, etc.
- Two lines of resistance strength equipment
- Hammer Strength Equipment
- Free weights – Dumbbells 3-150 lbs. and Barbells
- Cables
- Multigym
- Handicap accessible cables

**FREE FitStart Orientation at EACH Facility**

Work with a Service Associate and learn to use equipment safely and effectively. Call 761-3225 or sign up at any YMCA Service Desk.

**PLEASE NOTE:** Cell phone use is not allowed on the fitness center floor or while on the track.

**FitStart Orientations are FREE to ALL Members**

ActivTrax is a web-based technology that creates customized workouts using the equipment available to you and is designed around your fitness goals, your fitness experience and your strength. The program makes adhering to your exercise routine easier by removing all the guesswork. You will be guided at every visit. ActivTrax will provide you with:

- Easy to read, customized workout plan.
- Fully customized online nutrition options to help your weight management and meal planning.
- A simple, five-exercise strength test allows you to work out according to your current fitness level rather than experimenting to find resistance that provides results.
- Automatic progression of your workout, based on your fitness level and frequency of use.
- Individualized workouts with any equipment – not just select machines.
- Logging of your workouts at home, work or the YMCA.
PERSONAL TRAINING SERVICES

MEET OUR NATIONALLY CERTIFIED PERSONAL TRAINING TEAM

- Megan Antoninka—AFFA Certified Personal Trainer, Certified Yoga Instructor, LiveSTRONG® at the YMCA Instructor
- Kyla Asel—ACSM Certified Health Fitness Specialist, Les Mills BodyPump™ Instructor
- Nick Baker—AFFA Certified Personal Trainer, LiveSTRONG® at the YMCA Instructor
- Jake Bayless—NASM Certified Personal Trainer, NASM Corrective Exercise Specialist, LiveSTRONG® at the YMCA Instructor
- Leslie Bryant—AFFA Certified Personal Trainer, AFAA Certified Group Fitness Instructor
- Bobby Butvin—NSCA Certified Personal Trainer, Bachelor of Science in Exercise Science
- Ashlee Morrow—ACE Certified Personal Trainer, SilverSneakers® Certified, TRX Certified
- Ally Pitera—ACE Certified Personal Trainer
- Donna Prenger—AFFA Certified Personal Trainer, Group Exercise Coordinator, SilverSneakers® Certified Instructor, LiveSTRONG® at the YMCA Instructor
- Quinton Sallin—NSCS Certified Strength and Conditioning Specialist
- Andre’ Salmon—AFFA Certified Personal Trainer

Our professionally certified and experienced Personal Trainers will assist in achieving goals for weight loss, muscular strength, cardio and muscular endurance, increased flexibility, sport specific training or just a new workout design. Call 761-3225 to schedule an appointment.

PERSONAL TRAINING PRICING

New to Personal Training? Just need a new routine? The YMCA has a package for you:

Intro to Personal Training Package – $99 ($135 retail)

Package includes:
- InBody Fitness Assessment
- 2 individual Full Personal Training Sessions

(This package available to Y-members and first time Personal Training purchasers only.)

<table>
<thead>
<tr>
<th>Y Member Personal Training Prices</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Full Sessions</strong></td>
</tr>
<tr>
<td>1–9 sessions</td>
</tr>
<tr>
<td>10+ sessions</td>
</tr>
</tbody>
</table>

For information about non-member or half session pricing, please call 761-3225.

(Full Session(s) are approximately 60 minutes and Half Sessions are approximately 30 minutes.)

HELPING YOU LIVE BETTER
INBODY RESULTS: TOTAL BODY FITNESS ASSESSMENT & CONSULTATION

The InBody results will help you achieve your goals by reporting your individual composition (in pounds/percentage) of body fat, segmental muscle distribution, BMI and basal metabolic rate. Call 761-3225 to make an appointment. More comprehensive information about the InBody can be found at www.jcymca.org.

INBODY COMPOSITION:

InBody One Time Evaluation:
• $25 Y-member; $45 Non-member

InBody 2-Pack:
• $45 Y-member; $65 Non-member

InBody 4-Pack:
• $80 Y-member; $100 Non-member

InBody Re-Evaluation:
• $15 Y-member; $35 Non-member

SHARE THE Y
Better Together

Do you enjoy the Y? Then why not invite friends or family members to join? And when you do, you’ll both receive a month of membership FREE. Workouts can be more fun with someone you know, and you can keep each other motivated! And, don’t stop with just one referral – the more people you refer, the more you save! Get a FREE MONTH for EVERY person you refer, UP TO SIX MONTHS FREE!

Here’s how it works:
1. As a current Y member, you invite a friend to join by giving him or her a referral form that can be found at www.jcymca.org or any Y service desk.
2. Your friend brings the referral form when he or she joins.
3. When your friend joins, you’ll both receive a free month of membership! Full rules can be found at www.jcymca.org or at any Y service desk. (This offer only valid at the Jefferson City Area YMCA.)

For more information, call 761-9530 or visit jcymca.org.

SPECIAL EVENTS

COLORS 4 CANCER
Saturday, September 26

Come out and show your colors for cancer at our first annual Colors 4 Cancer run/walk on September 26, 2015. All proceeds will benefit Livestrong at the YMCA which is a free physical activity and well-being program designed to help adult cancer survivors achieve their health goals.

For more information, call 761-3225, email livestrong@jcymca.org or visit www.jcymca.org.

For more information, email livestrong@jcymca.org or call 761-3459.
GROUP EXERCISE

To identify specific days and times, the group exercise schedule can be found online at www.jcymca.org and in the Y lobbies.

Firley – 525 Ellis Blvd. / Knowles – 424 Stadium Blvd. / West – 3507 Amazonas Dr.

Schedule subject to change. Classes are subject to change based on participation. Some classes have equipment and space limitations. Participants with special health concerns should check with their physician and inform their instructor prior to participating in any class.

The group exercise schedule and online registration are available at www.jcymca.org.

FREE CLASSES!

You asked for it and we delivered – all land group exercise classes are FREE for Y-members!

Start your New Year’s resolution to get in shape at no extra cost!

Y-MEMBER RESERVATIONS: $10/month/class

Ensure a spot in your favorite class(es) with a reservation.

Reservations are optional, must be completed by the 5th of the month and can be made for up to two consecutive months. Half the capacity of the room is available for reservations.

Non-member/month: $25/Express* class; $40/class

*Express class approximately 30 minutes

LesMills

BODYPUMP™, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you’ll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP™ is one of the world’s fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. *Express classes available.

STEP: A class where participants do simple step choreography and strength training. The class is focused on enhancing your cardio and muscular endurance. Join this high-energy class!

BOSU BLAST: The BOSU is like an exercise ball that’s been cut in half with a platform on the bottom. It requires you to maintain your center of gravity over a surface that is constantly changing. The possibilities are endless as it can be used for multiple areas of fitness like endurance, strength, balance and stability through cardio and strength training, core and lower body exercises.

BUTZ AND GUTZ:* Join us for a high intensity burn focused on the abs and glutes. This express class is taught by a variety of personal trainers. No class will ever be the same.

CARDIO MIX: Step classes remain one of the top calorie-burning workouts. This high-energy class will use a variety of equipment including weights and stability balls to increase muscle tone and total body benefits!

CORE and MORE:* Core muscles are everything on the front, side and back of your torso, not including your extremities (arms, legs, and head). A variety of exercises and tools will be used to strengthen your core and other muscle groups during this express class.

CROSS BOX: Put a little punch in your day! This class keeps you coming back . . . using a variety of equipment including versa bars, ropes and weights, combined with traditional boxing elements. Gloves are not required, but are available for purchase at the front desk if desired.

more FREE classes on the next page . . .
KB FIT:* Change up your strength and cardio workout with an express kettle bell class. Kettle bells make traditional dumbbell moves more challenging. Add definition to your shoulders and back; tone your butt, core and arms and shed a few sizes with these “get it done” classes!

EASE INTO EXERCISE: If you are new to exercise or have been on an extended vacation from your regular exercise program, you may want to Ease Into Exercise. This class will include cardio and strength training components using a variety of tools and formats on a beginner level.

DANCE MIX: Like Zumba and a little hip in your hop? Instructor Leslie brings her experience of dancing as a professional cheerleader for the arena football league and ten years of teaching dance to the Saturday Dance Mix class. You’re going to have happy feet….we promise!

ZUMBA: Burn fat with some Latin flavor and international zest – ditch the workout, and join the party! A dynamic, fun and effective fitness format that provides a total body workout.

MISSOURI STATE AEROBICS: All State employees have the opportunity to take up to five group exercise classes FREE at the Truman Building. Class sizes are limited, so sign up early! State Employment I.D. required.

Time/Location: 12:05-12:45 p.m. / Truman Building
Monday: Aerobic Mix
Tuesday: Abs/Stability Ball
Wednesday: Body Sculpt
Thursday: Kickboxing
Friday: Stability Ball

FREE PILATES & YOGA

PILATES: Pilates is a fitness discipline that develops a strong core or “powerhouse” with emphasis on spinal and pelvic alignment and breathing. It builds flexibility, endurance, and muscle strength. It improves balance and circulation and reinforces correct posture. This class offers combinations of basic and challenging exercises with variations using bands and stability ball. The instructor modifies for all levels of fitness.

YOPi: YOPi combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of Yoga. YOPi will introduce you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility. No matter your age, no matter your body type, YOPi will help give you dramatically visible, incredibly beautiful results.

YOGA BASICS: This is the class for Yoga newbies. Learn more than 40 postures to improve both physical and mental well being. All fitness levels welcome.

MID-DAY YOGA:* Hectic morning? Afternoon not much better? This 30-minute class offered during lunchtime will provide coping techniques such as restorative breathing exercises, stress reduction and mental clarity in addition to improved flexibility and strength for an overall increased feeling of well-being!

YOGA FITNESS: Offers a high heat, high energy workout with an emphasis on strength, concentration and flow. This powerful vinyasa format is designed to strengthen your body and stretch your mind. Prior Yoga experience required.

POWER YOGA: Expand your fitness with energetic hard-core moves and basic challenges for all levels for a more firm and flexible body. Progress at your own pace and explore the body/mind connection.

FREE BOOT CAMPS

EARLY MORNING BOOT CAMP: Half of the battle is just showing up, let us take care of the rest! This class is a true fitness challenge sure to enhance cardiovascular endurance and strength.

EXTREME BOOT CAMP: Two personal trainers for the price of one. This high energy class will burn serious calories. Kick up your fitness program.

SWEAT: A weekly boot camp that includes obstacle courses and workout challenges that will make you fitness-ready!

SUNRISE CYCLE: Start your day with a cardio challenge! Burn calories, add strength and endurance, decrease stress. The perfect trio.

CYCLE: A true cardio challenge linking the mind and body in an incredible, low impact workout.

SUNDAY CYCLING: Try this hour and a half ride to get your day started.
**KIDZ N TRAINING:** For Y-members ages 8-10, this class teaches:
- General anatomy,
- Correct exercise form and range of motion,
- Proper use of treadmill cardio equipment,
- Proper use of resistance bands,
- Body weight exercises,
- Fitness floor etiquette.

The class is limited to 5 participants. Registration for each session **closes 3 days prior** to the first class. Parents are required to attend the first and last class with their child. After completion, the individual will be certified to use the **West Fitness Center ONLY** with an adult.

**First Class Preparation**
- Bring a medical release from your doctor, if you’ve had health or orthopedic problems.
- Dress in gym clothes and wear tennis shoes.
- Be punctual. Arrive 5 minutes early if possible.
- Meet the Instructor at the front desk.

**Session Dates & Times**
- Sat. August 1, 8 10-11 a.m.
- Sat. September 12, 19 10-11 a.m.
- Sat. October 3, 10 10-11 a.m.
- Sat. December 5, 12 10-11 a.m.

**Location:** West YMCA-3507 Amazonas

**Fee:** $40 Y-member only (includes T-shirt, Certificate & ID Bracelet)
- If minimum enrollment of 3 is not met, class will be cancelled with alternate options available.
- Accommodations for 1 on 1 sessions can be made if the schedule does not meet your needs. The cost of 1 on 1 will be $60 for 2 one hour sessions.
- Make-up sessions are an additional $10 fee.
- The Instructor has the right to deny any participant the opportunity to complete the class.
- Call 761-3225 for more information or accommodations if schedule does not meet your needs.

**KIDZ N WEIGHTS:** For Y-members ages 11-14, this class teaches:
- proper use of equipment,
- fitness floor etiquette,
- correct exercise form and range of motion,
- general anatomy.

The class is limited to 6 participants. Registration for each session **closes 3 days prior** to the first class. After completion the individual will be certified to use the YMCA Fitness Centers with adult accompaniment in the fitness center.

**First Class Preparation**
- Bring a medical release from your doctor, if you’ve had health or orthopedic problems.
- Dress in gym clothes and wear tennis shoes.
- Be punctual. Arrive 5 minutes early if possible.
- Meet the Instructor at the front desk.

**Session Dates, Times & Locations**
- Sat. July 18, 25 10 a.m.-Noon West
- Thu. August 6, 13 6-8 p.m. West
- Sat. August 15, 22 10 a.m.-Noon Firley
- Thu. September 3, 10 6-8 p.m. West
- Sat. September 19, 26 10 a.m.-Noon Firley
- Thu. October 1, 8 6-8 p.m. Firley
- Sat. October 24, 31 10 a.m.-Noon West
- Thu. November 5, 12 6-8 p.m. West
- Sat. Nov. 21, 28 10 a.m.-Noon West
- Thu. December 3, 10 6-8 p.m. Firley

**Fee:** $60 Y-member only
- $40 Kidz N Training Graduate (applies to group training only and includes T-shirt, Certificate & ID Bracelet)
- If minimum enrollment of 3 is not met, class will be cancelled with alternate options available.
- Accommodations for one-on-one sessions can be made if the schedule does not meet your needs. The cost of 1-on-1 will be $80 for 3 one hour sessions.
- Make-up sessions are an additional $15 fee.
- The Instructor has the right to deny any participant the opportunity to complete the class if the youth is judged not physically or mentally mature enough.
- Call 761-3225 for more information or accommodations if schedule does not meet your needs.

**PLEASE NOTE**
Children under the age of 14 are not allowed in any fitness center until they have passed the appropriate training class and are accompanied by an adult.
The YMCA is proud to partner with Healthways to offer a variety of fitness formats for active older adults that are multi-level, equipment-based, total-body conditioning classes. The programs objectives are to minimize age-related physical limitations, improve health and skill-related fitness to increase functional activity for daily living, and increase one’s sense of well-being. Includes bi-annual fitness testing and social activities.

Find out if you are eligible by calling 1-888-423-4632. (Some insurance companies cover the cost. Inquire at any Y front desk.) Or visit one of our front desks and have your insurance card available. All SilverSneakers® classes are also available to Y members free of charge.

**SilverSneakers® Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Schedule:** Mon. & Wed. – 10:30-11:15 a.m.
**Location:** West GXR – 3507 Amazonas

**SilverSneakers® Yoga:** This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Schedule:** Friday – 10:30-11:15 a.m.
**Location:** West GXR–3507 Amazonas

**Monthly Fee for**
**Classic & Yoga:** Free Silver Sneakers and Y-members
Non-member: $40

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**ACTIVE AGING**

Daily Fitness Classes for Active Aging – SilverSneakers® and Y members: Attend FREE fitness classes every day!

There are a variety different formats offered Monday through Friday.

From low-impact aerobics, core strengthening using an exercise ball, Yoga on Wednesday, circuit training on Thursday, and a “mix” class on Friday, you’ll burn calories, strengthen your heart, increase muscular strength, improve flexibility and have fun while doing it!

**Schedule:** Monday–Friday / 9–9:45 a.m.
**Location:** Knowles Y Annex – 424 Stadium
**Monthly Fee:** FREE Y-member and SilverSneakers®
$40 Non-member

**SILVERSNICKERS® FLEX**

If you’re looking for options outside the traditional fitness location, try SilverSneakers® FLEX. FLEX offers classes in convenient locations like local churches, recreation centers and community centers. While participating in FLEX, you can still access the 11,000+ fitness centers across the country. It’s a great way to gather with friends and get fit your way. The following strength and balance classes may include lifting hand-held weights, stretching resistive tubing and using your own body’s resistance while also using your core muscles to improve balance and stability.

Join us in the following classes which are FREE to SilverSneakers® and Y members. Non-members pay $20/month/location.

**Faith Lutheran Church–2027 Industrial**
**Days:** Monday and Wednesday
**Time:** 9–9:45 a.m.

**Trinity Lutheran Church–803 Swifts Hwy.**
**Days:** Tuesday and Thursday
**Time:** 9–9:45 a.m.

**Wesley United Methodist Church–2727 Wesley**
**Days:** Tuesday and Thursday
**Time:** 10:30–11:15 a.m.

**Community Christian Church–409 Ellis Blvd.**
**Days:** Tuesday and Thursday
**Time:** 10:15 a.m.–11:00 a.m.

(Arthritis Foundation Exercise Program)
Jefferson City Area YMCA To Offer LIVESTRONG® AT THE YMCA
A physical activity and well-being initiative for cancer survivors

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and LIVESTRONG® have joined together to create LIVESTRONG® at the YMCA, a research-based physical activity and well-being program, designed to help adult cancer survivors achieve their holistic health goals.

Participants work with Y staff trained in supportive cancer care to safely achieve their goals, such as:

- Building muscle mass and strength.
- Increasing flexibility and endurance.
- Improving confidence and self-esteem.

LIVESTRONG® at the YMCA is available to YMCA members and non-members.

For more information, call 761-3225 or email livestrong@jcymca.org.

The YMCA is proud to partner with:
The YMCA Child Development Center is a Missouri Licensed facility and meets the Standards of the Missouri Board of Accreditation of Early Childhood Education and School Age Child Care Programs. We educate and nurture more than 125 Newborns to Pre-Kindergarteners between the hours of 6:30 a.m. and 6 p.m., Monday–Friday.

**RATES**

<table>
<thead>
<tr>
<th>Y-member</th>
<th>Non-member</th>
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<tbody>
<tr>
<td>6 weeks–2 years</td>
<td>$650</td>
</tr>
<tr>
<td>2 years</td>
<td>$545</td>
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<tr>
<td>3–5 years</td>
<td>$485</td>
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</tbody>
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**CURRICULUM**

The center uses the nationally recognized Creative Curriculum in planning daily activities for children in the program. Our philosophy is to involve children in their environment with learning opportunities that develop and build social–emotional, cognitive, language, and gross and fine motor skills. We encourage children to be independent and have fun through hands-on experience.

Each classroom focuses on a new concept or theme every week. Our established curriculum is developed around the Missouri Preschool Standards and the Kindergarten Skills.

Teachers provide written reports to parents about each child’s day at the center and yearly assessments to help parents stay informed on their child’s development and growth at the center.

**ENRICHMENT**

Enrichment classes are also offered for a nominal monthly fee. All classes are offered while your child is at the center. Current enrichment classes include: Computer Class

**EDUCATORS**

The YMCA Child Development Center teachers meet state licensing and accreditation standards. All teachers must have college hours in early Childhood Education, and/or a related field or equivalent experience in the child development setting. All teachers receive 12 hours of approved child-related training each year.

**FAMILIES**

We have an open door policy at the Child Development Center. Our center has a strong Parent’s Advisory Committee (PAC) which meets once every other month. The PAC supports YMCA CDC and believes that parents have a tremendous amount to contribute to the success of our childcare center. Early childhood research indicates that the best childcare programs are the ones that have a strong parent component. Parent involvement is encouraged through special functions scheduled throughout the year. Please contact the center director about financial assistance.

**ENROLLMENT**

If you are interested in enrolling your child at the center or have questions, please call 635-6665. Our center director is Sunny Carron, and our assistant center director is Angie Bax.
Y-CARE
BEFORE & AFTER SCHOOL PROGRAM
Grades K-5

Y-Care offers a wide variety of fun, educational activities which are guaranteed to keep your school-age child entertained and learning! Y-Care is a state-licensed child care program that maintains a 16:1 child-staff ratio. Children will choose from a variety of activities including SPARK Physical Education, Kidzlit, Club Boxes, and more! Afternoon snack is provided. Y-Care morning session begins at 6:45 a.m. and Y-Care afternoon session ends at 5:30 p.m.

Y-Care is in session for all regularly scheduled early release days.

Y-Care is not in session when school is dismissed for inclement weather.

Monthly Fees:
- Y-member AM or PM $125
- Y-member BOTH AM and PM $150
- Non-member AM or PM $155
- Non-member BOTH AM and PM $180

A non-refundable one-time $30 registration fee is due at the time of enrollment.

Y-Care is offered at the following schools:
- Belair
- Blair Oaks
- Cedar Hill
- Lawson
- Moreau Heights (PM Only)
- North (PM Only)
- Thorpe Gordon
- West
- Callaway Hills (YMCA transports from Callaway to North program. Limited to 14.)
- Y-Care at the Y (YMCA transports from Pioneer Trails and South to Knowles YMCA – PM Only)

Y-CARE @ THE Y

Y-Care offers transportation to the Knowles Y for Afterschool Y-Care for the following schools: Pioneer Trails and South Elementary.

Experience the quality of Y-Care with the benefits of the YMCA facility. Activities include: weekly swimming, Kidzlit Reading Program, SPARK Physical Education, Club boxes, homework stations, computer lab and more.

Hours are from school dismissal until 5:30 p.m. Monday–Friday. Snack is served daily. We are licensed by the State of Missouri.

Parents: Want to work out after 5:30? Additional care is available at our Knowles Kids Center for members until 8 p.m. Monday through Thursday.

HOLIDAY CARE

Take advantage of Holiday Care while school is on break! Children will enjoy safe, fun activities including crafts, games, sports, and swimming at the YMCA.

Please provide tennis shoes, bathing suit and towel for your child.

Lunch and an afternoon snack are provided. Hours are 6:45 a.m.–5:30 p.m.

Pre-registration and prepayment are required two business days before the date of service. Late registrations are not guaranteed services, and will be charged an additional $10 rate if accepted. Register at Knowles front desk, or online at www.jcymca.org. Registration available beginning September 15.

Rates:
- $22/day Y-member
- $27/day Non-member

Holiday Care Dates:
- October 9
- October 30
- November 25
- December 23
- December 28
- December 29
- December 30
- December 31
- January 4
- January 18
- February 12
- February 15
- March 4
- March 24
- March 25
- March 28