



# empowering to be fit **ywca**

Start Times	Monday	Tuesday	Wednesday	Thursday	Friday	
9:45am-10:15am		YW Funk & YW Functional Fitness	YW Agility Mobility & YW Body Mechanics	YW Huff Puff and Fun		Ages 3-5
4:30pm-5:00pm		YW Body Mechanics <u>Easyline Circuit</u>	YW Agility Mobility	YW Functional Fitness		Ages 6-12

## Class Description

YW Fun Funk: Hip Hop, Dance, Jump and Jam using music to provide a dance party atmosphere using Geofit.

YW Functional Fitness: Climbing, Physioball, Bands and more to increase coordination, flexibility, and balance.

YW Agility and Mobility: Speed, strength, agility, power, and endurance.

YW Body Mechanics: Strength, power, and core muscles exercise using weights, toning bands, and Technogym Easyline Circuit Training Equipment.

## Easyline Circuit Training



Have any questions? Need more information?  
Speak with any of our Membership Service Representatives at:

YWCA Mryna J. Deckert Branch (Northeast)  
9135 Stahala  
757-0306



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