



Group Exercise Classes are INCLUDED IN MEMBERSHIP

Enjoy the group exercise classes at all branches of our YMCA —Upgrade to a **PASSPORT MEMBERSHIP.**
See below for details.

Full Body Toning (Age 13 & Older)

This class consists of intervals of cardio blasts with resistance and weight training to give you a well-rounded full body workout.

Instructor: Ginny Tolli	Tues	5:30pm– 6:15pm
Instructor: Ginny Tolli	Fri	5:30pm– 6:15pm

INSANITY® LIVE (Age 13 & Older)

A group version of Beachbody’s Insanity, this class is based on max interval training. Participate in athletic drills with intervals of core, strength, power and resistance training. Individuals in all levels of fitness are encouraged to participate as exercises can be modified.

Instructor: Kelly Soller	Mon	BEGINNERS	5:00pm
Instructor: Brian Soller	Mon		6:00pm
Instructor: Kelly Soller	Thurs	BEGINNERS	5:30pm

P90X LIVE

This high intensity class offers an amazing amount of variety with each workout targeting a specific goal and focusing on agility, balance and mobility. It combines strength training, cardio, yoga, plyometric and stretching and is appropriate for all fitness levels.

Instructor: Brian Soller	Wed	7:00pm
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Pilates Mat Class (Ages 13 & Older)

Condition the mind and body to strengthen the body’s core unit. A series of exercises will help to develop strength, flexibility and core strength.

Instructor: April Lapidus–Rieber	Mon	7:00pm
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Yoga (Age 13 & Older)

Find new and interesting ways to increase your flexibility, enhance your breathing, reduce tension, and improve the quality of your life. Leave the class feeling stress-free and re-energized.

Instructor: April Lapidus–Rieber	Thurs	7:00pm
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www.facebook.com/SullivanCountyYMCA

**GET READY FOR AN ADVENTURE
ROCK HILL ENVIRONMENTAL CAMP**

August 14 - August 25

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|-------------------|-----------------|
| Outdoor Education | Survival Skills |
| Fishing | Ropes Course |
| Kayaking | Archery |

Register at one of our branches.
Please see our website for details.

PASSPORT MEMBERSHIP

With a Passport Membership you will benefit from programs and activities at all of our branches:

YMCA OF MIDDLETOWN 81 Highland Avenue, Middletown, NY 10940 (P) 845 344 9622	THE CENTER FOR YOUTH PROGRAMS 6 Liberty Street, Middletown, NY 10940 (P) 845 956 1546	SOUTH ORANGE FAMILY YMCA 45 Gilbert Street, Monroe, NY 10950 (P) 845 782 9622	YMCA OF SULLIVAN COUNTY 98 Wild Turnpike, Rock Hill NY 12775 (P) 845 796 0160
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With access to all these beautiful facilities including our pool, you will have even more options available for fitness, fun and family time with a larger variety of group fitness classes to choose from, more Family Nights and other Special Events to attend and special discounts on seasonal programs at all locations.

To learn more or to upgrade to a YMCA Passport Membership, please call or visit the YMCA near you.

YMCA OF SULLIVAN COUNTY
98 Wild Turnpike, Rock Hill, NY, 12775



(P) 845 344 9622 Ext. 401
(W) www.middletownymca.org