

INTRO TO RUNNING—Learn basic running skills, stretching techniques and get yourself ready for the race.

Instructor: Richard Di Ambrosio

Location: Personal Training Area/Heritage Trail

Time: Sundays 3:00-4:00pm Starts Feb 26th

Ages: 13 and up

Cost: Members \$60 /Program Members \$120



FAMILY KITCHEN CULINARY CUISINE—Who says fast food can't be good for you? Learn culinary basics and secrets of top chefs including John's Grandma Autunnale. Learn how to stock the basics, plan ahead, and whip up something spectacular in minutes.

Recipes, techniques **and yes, we will sample our homework!**

Instructor: John Bernieri, — 25 years experience as a restaurateur

Location: Spirit Mind Body Studio

Time: Mondays 6:30-7:15pm

Starts Feb 20th

Ages: 3 and up

Cost: Members \$60 /Program Members \$120



ADULT FIBER ARTS:

Learn to weave cloth like the Navajo do. Learn the basics to knit, crochet, embroider, basket weave, macrame and pillow making.

Instructor: Ann Willis—30 year art teacher at Empire State College

Location: Community Flex Room

Time: Wednesdays 12:30-1:30pm

Starts Feb 22nd

Ages: 18 and up

Cost: Members \$60 Program Members \$120



CHAIR MASSAGE

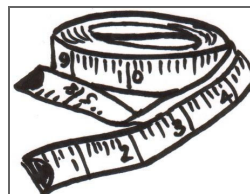
New for you at the South Orange Family YMCA. Relaxing Chair Massage by licensed massage therapist. Take a few minutes after your workout to pamper those sore muscles. No appointment necessary. See front desk for details.

Therapist: Maria Negroni,
Licensed Massage Therapist

Times: Monday nights 6:00-8:00pm

Wednesday nights 6:00-8:00pm

Cost: \$15 for 10 minutes / \$20 for 15 minutes



INTRO TO GOLF—Adult Beginners and Seniors

Topics include equipment, different manufacturers available, basic course etiquette, booking tee times, building relationships on the golf course, course management and where to play.

"Lets get golfing and have some fun!"

Instructor: John DeJulia—25 varsity golf coach at Albertus Magnus High School in Rockland County

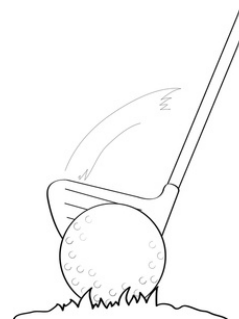
Location: Community Flex/Gymnasium

Time: Thursdays 11:00-12:00pm

Starts Feb 23rd

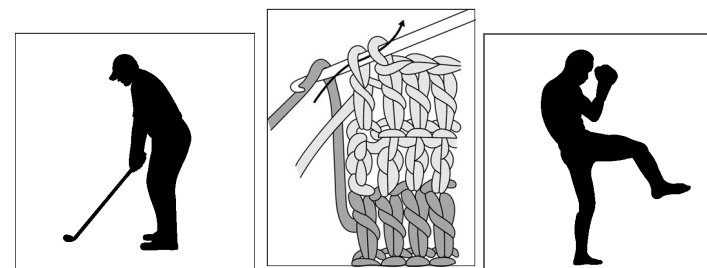
Ages: 18 and up

Cost: Members \$60 /Program Members \$120



**SOUTH ORANGE
FAMILY YMCA
ADULT PROGRAMMING**

**Winter Session II
Feb. 20, 2012 – April 29, 2012**



South Orange Family YMCA Hours of Operation
Monday through Friday— 5:00am—9:30pm
Saturday 7:00am-5:00pm
Sunday 8:00am-4:00pm



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter Session Dates:
Feb 20, 2012-Apr 29, 2012

Registration Dates:
Jan. 30, 2012-Feb 20, 2012

GET STARTED

INFORMATIVE APPROACH TO WELLNESS

An 8 week program for new or returning health seekers. A structured 8 week intro-to-wellness program of 45 min. group training sessions, with handouts on exercises. Each **GET STARTED** Member is assigned a group with an exercise coach who will closely monitor your attendance, provide support, motivation and encouragement.

Sessions cannot be made up on an individual basis, so please attend every session with your group.

For more information, please contact Michele at 845.782.9622 ext. 252.

Trainer: Richard Papaleo

Location: Adult Wellness Floor

Time: Saturdays 10:00-10:45am Starts February 25th

Cost: \$25 for the full 8 weeks

Available to YMCA Members ONLY.

'New Year...New You!'

TRX

ELITE TRAINING FOR ADULTS

5 Classes for \$49

Session I begins February 25/Session II begins March 31st

Intense suspension training taking you to the highest level of strength. Cross train your workout with this exciting new technique. All abilities are welcome. Workouts can be specifically modified to fit your workout levels.



Trainers: Kristi Wickes and MJ Dunn

Location: Group Exercise Room.

Time: Saturday, 8:00am or 11:00am
Starting Feb 25th

Trainer: MJ Dunn

Location: Community Flex Space.

Time: Mondays 6:30-7:15pm
Starting Feb 25th

INTRO TO BOXING*— Learn basic boxing skills while pumping up your workout . A 10-week program will teach you the basics. You will learn how to throw multiple punches as well as defensive moves. Starting with wrapping your hands to working the heavy bag. Week 10 we put it all together and you will learn confidence, hand eye coordination, and conditioning during this program.

***Must bring your own hand wrap and gloves.**



Trainer: Richard Papaleo

Location: Personal Training area

Time: Fridays 4:00-5:00pm Starting Feb 24

Ages: 13-17

Time: Saturdays 1:00-2:00pm Starting Feb 25

Ages: Women 18 and up

Cost: Members \$60 Program Members \$120

PERSONAL TRAINING

Take your workout to the next level. Attain your fitness goals through personal training. One on one personal attention with a certified personal trainer will help you maximize your health and wellness potential.

PERSONAL TRAINING:

1 Session \$ 46
3 Sessions \$132
5 Sessions \$210
10 Sessions \$370

BUDDY UP:

2 People with
One Trainer
1 Session \$ 75
3 Sessions \$204
5 Sessions \$310
10 Sessions \$590



PLEASE CHECK THE PROGRAM(S) YOU WISH TO REGISTER FOR AND GIVE THIS FORM AND YOUR MEMBERSHIP INFORMATION TO A WELCOME CENTER REPRESENTATIVE. * Non-YMCA Members Must Complete a New Participant Registration Form *****