



Health and Fitness Schedule

Belle Creek Family Center YMCA, 10693 Belle Creek Blvd. Henderson
80640

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Yoga c.w. 9:00am –10:00am					Women on Weights Class start 10/27 c.w. 10:00am-11:00am Cairo
Boot Camp c.w. 6:00pm-7:00pm Cairo		willPower & grace® c.w. 6:15pm-7:15pm Colleen			
Yoga c.w. 7:15pm-8:15pm Ameë		** Karate c.w. 6:00pm-8:00pm Hien Also meets Sundays 2:30pm-4:30pm	Yoga c.w. 7:15pm-8:15pm Ameë		
**Zumba c.w. 7:45pm-8:45pm ChaCha			**Zumba c.w. 7:45pm-8:45pm ChaCha		

C.W. – Child Watch available

** These classes are independently contracted. Please sign up through instructor.

Cost:

Members: \$60 for a 15 punch fitness pass (includes free 15 punch child watch pass)

Non Members: \$90 for a 15 punch fitness pass (\$3 child watch if a 15 punch child pass is purchased)

6months to use punch cards good for any class with the exception of karate and zumba.

Drop In Cost:

Members - \$5.00/class (free child watch)

Non Members - \$8.00/class (\$3 child watch)

Zumba : A number of different dances including salsa, calypso and reggaeton all infused with Latin music. Zumba uses the basics of interval and resistance training to maximize the number of calories spent. You do not need to know how to dance to get a killer workout.

Boot Camp: A cardio/strength circuit class designed to whip you into shape with no choreography.

Yoga: Strengthen and stretch the muscles and quiet the mind with Yoga.

Women on Weights: Sorry guys – this class is just for the women. In this small group class you will use strength training to help tone and sculpt muscle, lose body fat, increase metabolism and boost your confidence.

willPower & grace® This high-intensity workout includes a foot warmup, flexible strength (20 min) and almost 30 minutes of heart-pumping cardiovascular work.