



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FALL INTO A HEALTHY LIFESTYLE



Fall Program Guide 2017
SOUTHERN PRAIRIE YMCA



YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



JOIN US AT THE YMCA

Being a part of the Y family, you'll discover that you are part of a powerful nonprofit association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. Any person regardless of race, religion or creed may become an active member by completing a written application and paying the membership dues.

MEMBERSHIP TYPE	ANNUAL	MONTHLY DRAFT
Youth (age 3-23)	\$234	\$20
Individual Adult	\$450	\$38
Couple	\$570	\$48
Single Parent Family	\$534	\$45
Family	\$690	\$58
Senior Citizen (62+)	\$330	\$28
Sr. Citizen Couple	\$414	\$35
6 month senior(62+): \$264 (One time payment)		
6 month senior couple: \$300 (One time payment)		
3 month Individual Adult: \$171 (One time payment)		
Bank drafts have .50/month added service charge.		

Payment Options

No contracts. Joining fee is applied to all new joins or re-joins after a 30 day lapse in memberships. Join fee for all membership types is \$45. Membership can be paid for by convenient monthly automatic bank draft (Electronic Funds Transfer or EFT) on the 25th of each month or by paying the full annual rate using cash, check, Visa, Discover or MasterCard. Payroll Deduction, where membership dues are withheld from employee paychecks and the employer pays the YMCA each month, is another option for some. Check with the YMCA to see if your employer participates in this program.

Y MEMBERSHIP/PROGRAM ASSISTANCE

In these uncertain times, we make assistance available to you and your family. We don't want anyone to be turned away. Financial assistance will help you and your family take part in the Y programs. Assistance is provided based on need, using established guidelines. Applications are available online at www.southernprairieymca.com or at the front desk. All requests are confidential.

Some insurance company policies include a free health club membership. The Southern Prairie YMCA does participate in the Silver and Fit and Silver Sneakers Fitness Programs. If your policy includes these programs bring in a copy of your health insurance card so we can check eligibility.

We also provide membership through AmeriHealth Caritas. This program does require a minimum number of visits for continued membership. Bring in your health insurance cards so eligibility can be checked. A verbal Health Assessment is also required.

MEMBERSHIP BENEFITS

Wellness Coaching	Five free guest passes per year
Fitness Room – 16 yrs and up	Weight Room Orientation
25 meter pool (32 laps/mile)	Full size gym
Racquetball Court	Indoor Track (17 laps/mile)
Reduced Rates for Programs	Lock and Towel service
Guest WiFi	FREE fitness classes

AWAY PROGRAM & IOWA YMCA RECIPROCITY

The Southern Prairie YMCA participates in the AWAY program – ANY WHERE ANY Y. Your membership allows access to our facility and to many other YMCAs that recognize the AWAY program. Please present your membership card when you use our facility. We allow 10 free visits per calendar year for Y members living outside of Iowa visiting while on business or traveling. After 10 free visits, the per-visit charge is the regular guest pass rate. Iowa YMCA's participate in the YMCA reciprocity meaning you may use other Iowa Ys freely.

CALL. CLICK. VISIT.

THREE EASY WAYS TO REGISTER

CALL our Welcome Center. Our staff can answer any questions and sign you up for programs. We are available at 641-782-9622.

CLICK our website. Current Southern Prairie YMCA members and program participants with an email on file can also sign up online at www.southernprairieymca.com. Skip the lines-get set up for online registration.

VISIT our Welcome Center in person. Sign up for classes, take a tour and pick up facility schedules.

PROGRAM REGISTRATION INFORMATION

To register at member rates, your membership must be current. Classes must be paid for at the time of registration using cash, check, Visa, MasterCard and Discover or a credit card by phone or in person at the YMCA welcome center. Online registration is also available at www.southernprairieymca.com. Participants are individuals who are not members of the YMCA but participate in a class or program offered by the YMCA.

Early registration is encouraged and a late fee may be charged for youth programs and swim lessons. Class schedules are subject to change or cancellation due to enrollment numbers.

The YMCA facility is handicap accessible for the enjoyment of all members and guests. **Children under age 10 must be have an adult (18 years or over) with them in the building.**

DAILY GUEST PASS RATES*

Youth (3-15 years)	\$4
Yg Adult (16-23 yrs)	\$6
Adult (24-61 yrs)	\$8
Sr. Citizen (62+)	\$5
Family (1 or 2 parent)	\$11

*Day passes are valid for the entire day.

Programs or organized events excluded.

MEET THE SOUTHERN PRAIRIE YMCA STAFF

Dana Dodge	Interim CEO Aquatics and Fitness Coordinator ddodge@southernprairieymca.com
Raquel Linch	Office Manager rlinch@southernprairieymca.com
Joyce Baker	Event Coordinator and Welcome Center jbaker@southernprairieymca.com
Mike Richardson	Facility Manager mrichardson@southernprairieymca.com
Jennifer Queener	Youth Programs Coordinator jqueener@southernprairieymca.com

YMCA BOARD OF DIRECTORS

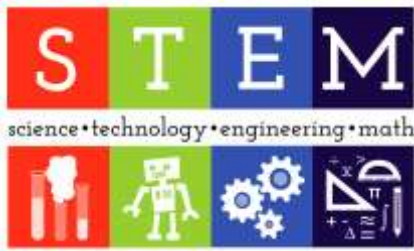
Drew Henderson, Board President	Kim Coen, Treasurer
Lesa Downing, Secretary	Chris Eaton
Caitlyn Maitlen	Paul Varner
Mike Taylor	Matthew Buck
Skip Kenyon	Brett Harris

FALL/WINTER BUILDING HOURS starts August 24

Mon-Thurs 5:30 AM–9:00 PM Fri 5:30 AM–8:00 PM

Sat 7:30 AM–6:00 PM Sun 2:00 PM–5:00 PM

Closed Labor Day, Thanksgiving,
Christmas Day, New Year's Day



YOUTH DEVELOPMENT



FOR YOUTH DEVELOPMENTSM
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AFTER SCHOOL ENRICHMENT PROGRAM

NEW Partnership between the Southern Prairie YMCA and Creston Community Schools

WHAT: Afterschool program in collaboration between the YMCA and School

WHEN: Monday-Friday Dismissal of School-6pm

WHERE: Creston Community School Elementary Mon/Wed/Fri and Southern Prairie YMCA Tues/Thurs

WHO: Jr Kindergarten-5th Grade

COST: \$70 per week per student, \$60 each additional student in family

YMCA MEMBERS: \$60 per week per student, \$50 each additional student

Applications for need-based membership assistance available at YMCA

SCHOOL FREE/REDUCED LUNCH QUALIFIED: Assistance will be available.

TRANSPORTATION: Walk to YMCA Tuesday/Thursday

REGISTRATION: Register at the Southern Prairie YMCA. Registration fee \$10.

FOR MORE INFORMATION CONTACT: YMCA Youth Programs Coordinator Jennifer Queener at 641-782-9622 or jqueener@southernprairieymca.com

NO SCHOOL DAYS at the YMCA

We have a great option for parents needing care on the scheduled no school days. Led by caring staff, you have peace of mind that your child is in good hands. Your child will swim, play sports and games, try their hands at art projects and more!

Hours: 7:00 AM-6:00 PM **Cost:** Members \$30/day Participants \$50/day

SAMPLE AFTERSCHOOL ACTIVITIES

Mon/Wed/Fri (at School)

Snacks

STEM activity stations

Games

Tues/Thurs (at YMCA)

Snacks

Swimming

Gym Time



Starting August 24, the age children can come to the Southern Prairie YMCA by themselves is age 10.

Children age ten can use the pool, gym, racquetball court and track without supervision.

Children under this age must have an adult with them in the building.

Parents may enroll children in the YMCA afterschool program for a structured, supervised program.

PANTHER PRIDE FITNESS PROGRAM

The Southern Prairie YMCA leads a fitness class at the Creston Elementary **Mondays and Wednesdays 7:15-7:45am** for all ages. Lauren Spranger leads this fun class. Kids get a great start to their school day through movement which stimulates the brain for a great day at school. *Thank you to our sponsors for our first and second year of the Panther Pride fitness program:*

*Agrivision *Lesa Downing *Lions Club *Kiwanis *Elks

TOT TOWN

Tot Town is an open gym for the young child ages 1-5. Toys like toddler cruisers and other fun things are brought out and the kids can work on those gross motor skills while they play. This is a great time for the kids to burn off that energy. Make Tot Town the twice a week playdate!



SOCCER

Kids really get a kick out of our clinic-style program that teach fundamental skills such as passing, trapping, shooting, dribbling, stealing and goalkeeping.

Ages: Boys and Girls ages 3-8

Dates: Saturdays, October 7, 14, 21, 28

Time: 10:30-11:00 AM

Cost: Members \$15 Participants: \$20



Ages: Boys and Girls ages 1 To 5 along with their parent/caregiver

FREE for members (child or adult caregiver)

Participant Fee: \$1 per child

Days: Tuesdays/Thursdays **Time:** 9:30-11:00 AM

YOUTH DEVELOPMENT

GROUP SWIM LESSONS

Group Swim lessons run for eight lessons. Children will be placed in groups of the same swimming ability. Children must be ages 4 and up. Register early to guarantee your child a spot.

Beginner Session – Ages 4, 5 & 6

Members: \$45 Participants \$65

Class is limited to 6 children, minimum of 3

Youth Session – Ages 7 & up

Members: \$50 Participants \$70

Class is limited to 16 children, minimum of 4



FUN
WITH A SPLASH OF
CONFIDENCE

September Lessons: Monday-Thursday Sept 11-21

Beginner: 6:00-6:30 PM; Youth 6:00-6:45 PM

Registration Deadline Sept 1

November Lessons: Monday-Thursday Nov 6-16

Beginner: 6:00-6:30 PM; Youth 6:00-6:45 PM

Registration Deadline Oct 30

PRIVATE SWIM LESSONS for kids and adults

Southern Prairie YMCA private lessons are a great opportunity for swimmers with special situations to better their skills on a one-on-one basis. Lessons are available for ages 4 and up, including adults. Private lessons are scheduled through collaboration with the instructor and the participant's parents and are 30 minutes long for 5 sessions. Lessons are based on the American Red Cross standards.

Cost: Members: \$65 Participants: \$90

Semi-private lessons are for 2-4 individuals at the same level.

Members: \$65 for first person, \$30 for each additional person

Participants: \$90 for first person, \$50 for each additional person

CO-ED STINGRAY SWIM TEAM

This program creates a competitive, but fun environment that will challenge all levels of swimmers. We will take your swimming skills to the next level by emphasizing stroke development, starts, turns, endurance, and speed. Participants wanting to participate in this program must be able to swim 25 yards of any stroke. The first practice is October 2 with the season running through early March. Coaches Sue Tridle and Nicole Webber.

Ages: Girls and Boys ages 6-21 years

GROUP 1: \$150 (2 practices per week; kids 8 & under)

GROUP 2: \$200 (3 to 4 practices per week)

Fee covers team competitive swimsuit, team t-shirt, team swim cap, program cost, championship meet entry fees. Parents will need to provide transportation to meets and goggles.

Must be a YMCA member at time of registration to participate.

\$50 of fee must be paid by September 18. No new registrations after October 18.

Payment plan for remaining balance must be approved by Dana Dodge.

Practices: Monday-Thursday 6:00-7:00 pm (Group 1 will practice mostly Tuesday/Thursday). Practice days can be flexible if needed.

Parent Meeting: Monday, September 25 6:30PM

For more information, Contact Aquatics Coordinator Dana Dodge 641-782-9622 or email aquatics@southernprairieymca.com

STROKE CLINIC

The stroke clinic allows those who are still unsure about joining the Southern Prairie YMCA Swim Team a chance to be introduced to correct swim strokes as well as glides, turns and dives and what the swim team has to offer. Not required for swim team participation.

Date: Saturday, Sept 9 9-11AM **Cost:** \$35

LIFEGUARD CLASSES

This class is for ages 15+ that want to be a certified lifeguard. Class time is approximately 30 hours in and out of the pool. Student will learn surveillance skills to help recognize and prevent injuries, rescue skills in and out of the water, First Aid CPR/AEA for the professional rescuer training, and professional lifeguard responsibilities.

Cost: Members: \$120 Participants: \$160

Session Dates:

→ Saturdays this fall:
Sept 30, Oct 14 & 21 9am-5pm

→ Winter Break:
December 26, 27, 28, 29 6-8:30pm

HEALTHY LIVING

GROUP WATER FITNESS CLASSES

Aqua Medley - M,W 8:15-9:00 AM

Low impact water exercise class that focuses on a fusion of tai chi, yoga, pilates and range of motion. Great for beginners and anyone looking to increase their flexibility and core strength.
Instructor: Lynn Irr

Aqua Power II - M,W, F 9:00-10:00 AM

High intensity interval workout. Cardio intensive. No swimming skills required. Instructor: Mia Williams

Deep Water Aqua - M,W 4:15-4:45 PM

High intensity deep water workout. Deep water cardio and abs. Swimming skills required. Instructor: Kalian Smith

Aqua Power - M,W, F 10:00-11:00 AM

Moderate intensity interval workout which primarily focuses on aerobic conditioning with some toning and strengthening exercises. No swimming skills necessary. Instructor: Mia Williams

Early Bird Aqua - M,W, F 6:00-6:45 AM

Use water resistance to build muscle strength and work the cardiovascular system. Join us on Monday for Noodles, Wednesday for Water Tabata and Friday for Friday Flutters to Firm the Flabby Fanny! Plus we mix it up with fun water games. Instructor: Raquel Linch

Wet-N-Fit - M,W, F 4:15-5:00 PM

Use the resistance of the water, aqua bells and noodles to give you a great water workout. (CW) Instructor: Eula Dolecheck

Arthritis Aqua - T, Th 9:15-10:00 AM

Designed specifically to help with the aches and pains of arthritis and other limited mobility issues because water exercise relieves the excess strain on joints and muscles while allowing movement. Participants do gentle activities in the water with guidance from our certified instructor. Instructor: Lynn Irr

Aqua Interval - T, Th 10:00-11:00 AM

Try this fun and motivating class focusing on strength, stabilization, posture, and cardio. Movements to challenge people of all ages and skill levels. Swimming skills not required. Instructor: Lynn Irr

Aqua Bootcamp T,Th 5:15-6:00 PM

Get down to business with this all deep water class where several combinations of no impact exercises increase cardiovascular and muscular endurance, flexibility, and core strength. Flotation aides, as well as, other equipment are available to accommodate all levels. Instructor: Lauren Spranger

Aqua Zumba- T,Th 4:15-5:00 PM

Splash your way into shape with an invigorating low-impact aquatic exercise known as the Zumba "pool party". Integrating the Zumba philosophy with traditional aquatic fitness, Aqua Zumba is a workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. (CW) Instructor: Jen Frakes



FALL POOL SCHEDULE (starts August 24)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Bird Aqua 6:00-6:45 am	Lap/Exercise 6:00-7:30 am	Early Bird Aqua 6:00-6:45 am	Lap/Exercise 6:00-7:30 am	Early Bird Aqua 6:00-6:45 am	
Lap/Exercise 6:45-7:45 am		Lap/Exercise 6:45-7:45 am		Lap/Exercise 6:45-7:45 am	Lap/Exercise 7:45-8:45 am
Aqua Medley 8:15-9:00 am		Aqua Medley 8:15-9:00 am			
Aqua Power II 9:00-10:00 am	Arthritis Aqua 9:15-10:00 am	Aqua Power II 9:00-10:00 am	Arthritis Aqua 9:15-10:00 am	Aqua Power II 9:00-10:00 am	
Aqua Power 10:00-11:00 am	Aqua Interval 10:00-11:00 am	Aqua Power 10:00-11:00 am	Aqua Interval 10:00-11:00 am	Aqua Power 10:00-11:00 am	
Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00-1:00pm
	Open Swim 3:30-5:00 pm		Open Swim 3:30-5:00 pm		Open Swim 1:00-3:00 pm
Wet n Fit 4:15-5:00 pm	Aqua Zumba 4:15-5:00 pm	Wet n Fit 4:15-5:00 pm	Aqua Zumba 4:15-5:00 pm	Wet n Fit 4:15-5:00 pm	
Deep Water Aqua 4:15-4:45 pm	Aqua Bootcamp 5:15-6:00 pm	Deep Water Aqua 4:15-4:45 pm	Aqua Bootcamp 5:15-6:00 pm		
Lap/Exercise 5:00-6:00 pm	Lap/Exercise 5:00-6:00 pm	Lap/Exercise 5:00-6:00 pm	Lap/Exercise 5:00-6:00 pm	Lap/Exercise 5:00-6:00 pm	Open Swim 2:30-4:30 pm
Lessons/Swim Team 6:00-7:00 pm	Lessons/Swim Team 6:00-7:00 pm	Lessons/Swim Team 6:00-7:00 pm	Lessons/Swim Team 6:00-7:00 pm	Open Swim 6:00-7:30 pm	
		Open Swim 7:00-8:00 pm			

HEALTHY LIVING

GROUP LAND FITNESS CLASSES

Morning Jumpstart M,W 5:30-6:15 AM

Jumpstart your day with a combination of cardio and strength. This early morning wake up is designed to help you reach your fitness goals, get you energized, and keep burning calories well into your day. Instructor: Paula Jacobson

Yoga M, W 6:15-7:10 AM; Sat 8:15-9:00 AM

PM Yoga T,Th 4:30-5:15 PM

A flowing sequence of yoga poses to build strength, stamina, flexibility and balance along with breathing and relaxation techniques. You'll leave felling energized and calmly focused. Mon/Wed Instructor: Lynn Irr; Saturday Instructor: Chris Clark
Afternoon Instructor: Mia Williams

Morning Circuit T,Th, F 5:45-6:30 AM

Start your morning with friends in this class designed for strength training, cardiovascular exercise and core work in various interval and circuit-style formats. Instructor: Deb Peterson

Morning Zumba M,W 8:15-9:00 AM

Zumba & Zumba Toning M,W 4:15-5:00 PM

Burn calories, tone and shape, improve coordination, endurance and stamina. Body-sculpting exercises and high energy cardio create a fun calorie-torching session. (CW)

Instructor: Jen Frakes; Morning Zumba Instructor: Angie Marlin

Power Pilates T,Th, F 8:15-9:00 AM

Pilates improves posture, mental and physical well-being, core strength, and flexibility through controlled movements. Bands, weights, kettle bells and more enticing "tools" power up your results. (CW) Instructor: Angie Marlin

Funky Bunch M,F 9:00-10:00 AM

Your basic exercise class designed to building muscular strength, balance and cardio endurance. Keep the body young in this fun and funky class. Instructor: Lauren Spranger

Power Walking T,Th 9:15-10:00 AM

Walk with a buddy or a class full of friends in this two day a week class. It's a walking class with a focus on fat burning and cardio. Instructor: Lauren Spranger

Tai Chi Arthritis and Fall Prevention T,F 9:15-10:00 AM

Tai Chi teaches easy-to-learn, self-paced, exercises to help with balance and breathing while reducing the risk of falling. Balance deficits, arthritis mobility issues and stress reduction are addressed by adding tai chi to your weekly routine. Class meets on the stage. Instructor: Adonica Struhar

Chair Yoga Th 8:30-9:15 AM

A flowing sequence of yoga poses to build strength, flexibility and balance. A chair is used in class to help with balance, helping to focus. Instructor: Mia Williams

Parkinson's and Limited Mobility M,W 9:00-10:00 AM

Designed to help adults of all ages maintain an active lifestyle while focusing on cardiovascular conditioning, flexibility and balance. Certified instructor, Mandy, creates a fun and friendly atmosphere to tackle even your most difficult challenges!

Instructor: Mandy Henderson

FREE for Members! Participants: \$25/month



All of these fitness classes are FREE for Southern Prairie YMCA members. Come to one or all. Classes are a great way to keep up your motivation, exercise and get social.

Silver Sneakers Classic M,W 10:15-11:00 AM

Have fun and exercise to the music, on a chair or near one, to increase muscular strength, range of motion and balance needed for daily activities. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance.

Instructor: Jean Benoit

Boxing M,W, F 12:15-12:45 PM

This non-contact, fitness-based class will use boxing fundamentals such as punch combinations, mitt work, and high intensity cardio intervals, as well as partner and technique work for a great, full-body workout. Instructor: Dana Dodge

***Participants must bring their own boxing gloves.**

Check with the Y for recommendations.

Fit N 30 T,Th 12:15-12:45 PM

30 midday minutes of high intensity interval training works all major muscle groups during a vigorous cardio workout using a mix of "tools" to achieve endurance and strength for all fitness levels. Instructor: Lauren Spranger

P45 M,W 5:30-6:15 PM

A high intensity interval based exercise class that will push you to work hard for a great cardio and strength workout.

Instructor: Lauren Spranger

Barre Intensity M,W 4:45-5:45 PM

Inspired by ballet and strength training, this high intensity Barre class targets your arms, core, thighs and booty to help you create a long, lean dancer's body. Get ready to feel the Barre burn. (CW) Instructor: Mia Williams

Tabata T,Th 5:30-6:15PM

This high intensity interval training inspired class works all major muscle groups and provides a great cardio workout. This class incorporates a mix of "tools" in order to achieve cardiovascular and muscular strength and endurance. (CW) Instructor: Dana Dodge

Cycling T,Th 10:15-11:00 AM

This class offers a combination of strength and endurance training through hill climbs, sprints, and athletic drills. Group cycling is a fun, energetic class that puts you in control of your own workout by allowing you to control your own intensity and speed. Class size limited to five riders. Instructor: Lauren Spranger

(CW) means CHILD WATCH is available during this class

FALL FITNESS CLASS SCHEDULE (starts August 24)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15 am Morning Jumpstart Paula	5:45-6:30 am Morning Circuit Deb	5:30-6:15 am Morning Jumpstart Paula	5:45-6:30 am Morning Circuit Deb	5:45-6:30 am Morning Circuit Deb	8:15-9:00 am Yoga Chris
6:00-6:45 am Early Bird Aqua Raquel		6:00-6:45 am Early Bird Aqua Raquel		6:00-6:45 am Early Bird Aqua Raquel	
6:15-7:10 am Yoga Lynn		6:15-7:10 am Yoga Lynn			
8:15-9:00 am Aqua Medley Lynn		8:15-9:00 am Aqua Medley Lynn	8:30-9:15 am Chair Yoga Mia		
8:15-9:00 am Morning Zumba Angie	8:15-9:00 am Power Pilates Angie	8:15-9:00 am Morning Zumba Angie	8:15-9:00 am Power Pilates Angie	8:15-9:00 am Power Pilates Angie	
9:00-10:00 am Funky Bunch Lauren	9:15-10:00 am Power Walking Lauren	9:00-10:00 am Funky Bunch Lauren	9:15-10:00 am Power Walking Lauren		
9:00-10:00 am Parkinson's Class Mandy	9:15-10:00 am Tai Chi Adonica	9:00-10:00 am Parkinson's Class Mandy		9:15-10:00 am Tai Chi Adonica	
9:00-10:00 am Aqua Power II Mia	9:15-10:00 am Arthritis Aqua Lynn	9:00-10:00 am Aqua Power II Mia	9:15-10:00 am Arthritis Aqua Lynn	9:00-10:00 am Aqua Power II Mia	
10:00-11:00am Aqua Power Mia	10:00-11:00am Aqua Interval Lynn	10:00-11:00am Aqua Power Mia	10:00-11:00am Aqua Interval Lynn	10:00-11:00am Aqua Power Mia	
10:15-11:00 am Silver Sneakers Jean	10:15-10:45 am Cycle Lauren	10:15-11:00 am Silver Sneakers Jean	10:15-10:45 am Cycle Lauren		
12:15-12:45 pm Boxing Dana	12:15-12:45 pm Fit N 30 Lauren	12:15-12:45 pm Boxing Dana	12:15-12:45 pm Fit N 30 Lauren	12:15-12:45 pm Boxing Dana	
4:15-5:00 pm Zumba Jen		4:15-5:00 pm Zumba Jen			
4:15-4:45 pm Deep Water Aqua Kalian	4:15-5:00 pm Aqua Zumba Jen	4:15-4:45 pm Deep Water Aqua Kalian	4:15-5:00 pm Aqua Zumba Jen		
4:15-5:00 pm Wet-N-Fit Eula	4:30-5:15 pm PM Yoga Mia	4:15-5:00 pm Wet-N-Fit Eula	4:30-5:15 pm PM Yoga Mia	4:15-5:00 pm Wet-N-Fit Eula	
4:45-5:45 pm Barre Intensity Mia	5:15-6:00 pm Aqua Boot Camp Lauren	4:45-5:45 pm Barre Intensity Mia	5:15-6:00 pm Aqua Boot Camp Lauren		
5:30-6:15 pm P45 Lauren	5:30-6:15 pm Tabata Dana	5:30-6:15 pm P45 Lauren	5:30-6:15 pm Tabata Dana		

CLASS SCHEDULE SUBJECT TO CHANGE

CHILD WATCH (CW)

Care for your children while you are in the facility. Qualified, friendly staff provide fun, safe and enriching activities. FREE Child Watch for members!

**Mon-Thursday
8:00-9:00 AM;
4:00-7:00 PM**

**Friday
8:00-9:00 AM**



WEIGHT ROOM & CARDIO ROOM ORIENTATIONS

Learn the proper use of our fitness and cardio equipment after attending an orientation session (approximately 30 min). Open to anyone, especially our newest members. Required for 13-15 year olds who want to use the weight and cardio rooms. Check with front desk to schedule your appointment.

WELLNESS COACHING

We can assist you as you discover successful ways to accomplish your goals. We offer personal consultations, equipment orientations, fitness assessments, body composition testing, goal setting consultations and so much more. Check with the front desk staff about scheduling your wellness coaching with Lauren.

PERSONAL TRAINING

We won't promise an easy, instant transformation, but we will make sure you get a personalized program designed to help you achieve your goals. We focus on an approach that is safe, efficient, easy to follow and helps you stay motivated. Whether your goal is to lose weight, recover from injury, tone-up, bulk up, or simply just feel better, our expert personal trainers provide plans, coaching and motivation to help you succeed.

Members: \$20/session or 6 sessions for \$100
Participant: \$40/session or 6 sessions for \$200

MEET OUR PERSONAL TRAINER

Lauren Spranger is an NSCA certified personal trainer with a bachelor's degree in Exercise Science ready to help you navigate the weight room or other personal fitness goals.

**WELLNESS COACHING
FREE FOR NEW MEMBERS!
GET STARTED WITH
A LITTLE HELP!**



SOCIAL RESPONSIBILITY

BALLOON CHASE

Balloon Days 5K Walk/Run and Family Fun Run



Saturday September 16

McKinley Park

5K - 8:00 AM

Family Fun Run - 8:15 AM

*5k Early Bird Fee (before September 8): \$20

*Race Fee (after September 8): \$25

*Family Fun Run: \$10 per family

The Family Fun Run is designed as a fun, family activity for the Balloon Days weekend. No shirts will be given. Prizes will be awarded for this short run/chase activity.

LIVE HEALTHY, LIVE HAPPY

The YMCA has become a second family to many people in our community. We celebrate happy times and are together during tough times. The YMCA offers a place for people to come together. Join us for classes, member socials and more.

MEMBER SOCIALS

2nd Wednesday of the month
9am - 11:30am

Bring treats to share during this monthly social at the Y

SAVE THE DATE!

**BECAUSE OF YOU -
THE Y IS WHERE THE MAGIC HAPPENS**

Night of Magic

November 4

Southern Prairie YMCA

SEE YOU AT THE POLE™

FIX OUR EYES

WEDNESDAY, SEPTEMBER 27, 2017

HEBREWS 12:2

See You at the Pole (SYATP)

is an annual gathering of Christians of all ages at a flagpole for prayer, scripture-reading and hymn-singing, during the early morning. Meet at the YMCA rain or shine.

Wednesday, Sept 27 7:30 AM

SOUTHERN PRAIRIE YMCA



1201 W Townline, Creston, IA 50801

641-782-9622

www.southernprairieymca.com