



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING 1

FEB. 25 – APR. 20

HEALTH AND WELLNESS

CLASS NAME	CLASS DESCRIPTION	MIN. AGE	MAX. AGE	LOCATION	TIME	DURATION	DAY	MEMBER	COMMUNITY
Youth Boot Camp	This class contains out-of-the-ordinary drills and exercises, for a fun workout.	7	12	Aerobics	4:45	45min	M	Free	N/A
Youth Zumba®	Rockin', high-energy, choreographed, kid-friendly dance fitness class! Registration required.	7	12	Aerobics	4:30pm	50min	W	Free	N/A
Youth Yoga	Yoga is a fun way to develop balance, strength, and flexibility for body and mind. Children's concentration, self esteem and confidence will improve while using a dynamic sequence of Yoga and playing games. Registration required.	7	12	Aerobics	4:30pm	50min	Fri	Free	N/A
Youth Running Club	Foster a love of running among kids! The curriculum will introduce the components of running, training and racing. It will explore running as a sport, much like youth football, baseball, and soccer leagues. Led by USA Track and Field certified coaches. This 12 week program will culminate with the Hillsborough Hop 5K. (Separate registration required.)	7	13		5:00pm	50min	M & W	\$100	\$130
					6:00pm	50min	M & W	\$100	\$130
					6:00pm	50min	T & Th	\$100	\$130
Running Club	Whether you are looking to achieve weight-loss and fitness goals, complete your first-ever 5K or half-marathon, qualify for the New York City Marathon, or just meet new people, you'll find a place of belonging in this club! Led by USA Track and Field certified coaches, this 12-week program will culminate with the Hillsborough Hop 5K. (Separate registration required.)	14+			6:00pm	60min	M & W	\$100	\$130
YMCA Weight Loss Program	This 12-week program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors and forming sustainable healthy habits. (Non-member fee includes membership for duration of program.)	18+		Room 4	7:00pm	60min	M	\$99	\$299
					9:30am	60min	Th	\$99	\$299
					7:00pm	60min	Th	\$99	\$299

Hillsborough YMCA | 908 369 0490 | somersetcountyyymca.org

Registration: Members: Feb. 11 • 6:00pm | Community: Feb. 18 • 10:00am