the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GIFT OF HEALTH

START FOR FREE GARFIELD YMCA

Our Focus on Healthy Living and Social Responsibility at the Y calls us to action each Holiday season to offer our community a gift during one of the most stressful times of year to create better health. From shopping, financial strain, over exhaustion and for many depression, NOW is the time to take care of yourself and become part of something together.

- **FREE WEEK OF MEMBERSHIP IN DECEMBER. SIGN UP FROM 12/1 to 12/31**
- **FREE FITNESS CLASSES TO ALL 12/22-1/3 (Including Children's Yoga)**
- **FREE 8 WEEK FITNESS SESSION WITH MEMBERSHIP IN JANAURY**

WHEN: Complete details and class schedule can be found on our website at www.garfieldymca.com

LOCATION: GARFIELD YMCA
33 Outwater Lane 70 Outwater Lane 490 Midland Ave
Garfield NJ 07026
973-928-2970
Facebook.com/GarfieldYmca

111237 04/12

the Y

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GIFT OF HEALTH SCHEDULE

12/22	9:00-9:45am Body Sculpt 5:00-6:00pm Kickbox 7:00-8:00 pm Masala Bhangra	12:00-1:00pm Gentle Yoga 6:00-6:45 pm Jump and Abs
12/23	6:45-7:45am Power Hour 11:15-12:00 pm Senior Yoga & Meditation* 4:45-5:30pm Body Sculpt 6:30-7:30pm Step Mega Mix	10:30-11:15am Silver Sneakers* 12:00-1:00pm Zumba 5:30-6:15pm Butts and Guts 7:30-8:30pm Yogalates
12/26	10:30-11:15am Silver Sneakers* 6:00-7:00pm Belly Dance Drills 8:00-9:00pm Masala Bhangra	11:45-12:45pm Total Body Workout 7:00-8:00pm Zumba
12/27	9:00-10:15am Yoga 10:00-11:00am Masala Bhangra	9:00-10:00am Zumba
12/29	9:00-10:00am Breathing and Meditation 12:00-1:00pm Pilates 6:00-7:00pm Kids Yoga 8:00-9:00 Water Zumba*	11:00-12:00pm Tai Chi 1:00-2:00pm Mind Body Aqua* 7:00-8:00pm Studio Sampler
12/30	9:00-10:00am Zumba 12:00-12:45pm Body Sculpt 6:00-6:45pm Spin	10:30-11:15am Silver Sneakers* 5:00-6:00 Zumba 7:00-8:00pm Yogalates
12/31	6:45-7:45am Power Hour 10:30-11:30am Masala Bhangra	9:30-10:30am Bellydance
1/2	9:00-10:00am Zumba 10:30-11:15am Silver Sneakers* 1:00-1:45pm Jump & Abs 6:00-7:00pm Masala Bhangra 8:00-9:00pm Bellydance Drills	10:00-11:00am Yoga 11:45-12:45 Total Body Workout 5:00-6:00pm Yogalates 7:00-8:00pm Zumba
1/3	7:45-8:45am Bootcamp 9:00-10:00am Zumba 10:00-11:00am Body Sculpt	9:00-10:00am Yoga 9:00-10:00am Aqua Combo*
	*Denotes Class will be held at 33 Outwater Lane. All others are held at 70 Outwater Lane 2nd Floor Garfield NJ 07026	

*****Please call 973-928-2970 to reserve a spot in classes. The classes are free; however, in the event of cancelletaion due to weather we will *try* to contact participants with reserved spots. Also, as walk-ins are welcome, those with reserved spots receive first consideration in the event of a closed out class.*****