

Brookshire/Pattison YMCA Group Exercise Schedule

Monday	Wednesday
Zumba Dance 6:00 - 6:45pm	Zumba Gold 4:30 - 5:15 pm
Pilates 6:45 - 7:30 pm	Line Dance 5:15 - 6:00 pm
30 Min. Core 7:30 - 8:00 pm	Yoga 6:00 - 7:00 pm

Class description on reverse side

[Location]

All Group Exercise classes will be held at the City of Brookshire Civic Center.

[Monthly Fee] \$25

Allows you to attend any/all Group Exercise classes for the month.

[Register]

Register at or call the Katy Family YMCA or register online at www.registerymca.org by using the course numbers below. Must be a YMCA Program Member to participate.



Annual Family Program Membership: \$30.00

First time participants may try a class free of charge!

	Students - 12-17yrs. \$15 per month	Adult - 18-54 yrs. \$25 per month	Seniors - 55 + yrs. \$15 per month
September	course # 44591	course # 44238	course # 44235
October	course # 44533	course # 45239	course # 45236
November	course # 45234	course # 45240	course # 45237

Questions? Contact · Michael Simon · YMCA Program Director
 Email: michael.simon@ymcahouston.org
 Phone: 979-256-9991 or 281-392-5055
 Website: www.ymcahouston.org/brookshire



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

We strive to turn no one away due to inability to pay.



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Class Descriptions

Pilates

(Pronounced pul-LAH teez) A conditioning program that improves muscle control, flexibility, coordination, strength, and tone. Appropriate for all individuals regardless of physical condition or age. Mat-based exercises promote good posture, proper breathing and body control.

Zumba Dance

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO".

Zumba Gold

Zumba Gold was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. The main difference between Zumba Basic is Zumba Gold is done at a lower intensity, not fast, but it certainly is as fun. The same great Latin styles of music and dance are used.

Yoga

Tone the body and tune the mind. Learn calmness, focus energy, and regain inner peace while improving physical strength.

Line Dance

A choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows without the regard of the gender of the individuals, all facing the same direction, and executing the steps at the same time.

30 Min. Core

30 min. of intense abdominal training. Lower back exercises may be implemented. Also, core and lower body strength work emphasized. All levels are welcomed.

