

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45 AM	Group Flex (Rebekah)	Boot Camp (Johnna)	Yogalates (Diana)	Group Flex (Johnna)	Cycle Class (Johnna)		
8:15-9:15 AM	Stress Relief Yoga (Dawn/Linda)		Stress Relief Yoga (Dawn/Linda)				
8:00-9:00 AM						Zumba (Jenny H)	
9:00-10:00 AM						Group Flex (Debbie)	
9:15-10:00 AM		Trekking (Jay)		Trekking (Jay)			
9:15-10:15 AM	Group Cycling (Robin)	Step Aerobics (Robin)	Group Cycling (Robin)	Step Aerobics (Robin)	Group Cycling (Robin)		
9:30-10:30 AM	Group Flex (Rachel)		Group Flex (Rachel)		Group Flex (Jenny H)		
10:30-11:30 AM	Kickboxing (Rachel)	Power Yoga (Dawn/Linda)		Power Yoga (Jamie P)	Zumba (Jenny)		
11:00-11:30 AM	Trekking (Linda)		Trekking (Linda)		Trekking (Johnna)		
11:45-12:30 PM	Active Older Adults (Dawn/Linda)	Power Zumba (Jamie P)	Active Older Adults (Dawn/Linda)	Reformer Pilates (Jamie P)	Active Older Adults (Dawn/Linda)		
11:45-12:30 PM		Pilates Reformers (Dawn)					
11:45-12:45 PM	Group Cycling (Johnna)		Group Cycling (Kathy)		Group Cycling (Johnna)		
2:00-3:00 PM						Yogalates (Andrea)	
4:00-5:00 PM	STATS CLASS <small>Students Taking Athletic Training Seriously</small>	Boot Camp (Jenny)	(4:15) Zumba (Johnna)	Boot Camp (Matt)			3:30-4:30 Zumba (Jamie P.)
4:15-5:15 PM	Mat Pilates & Reformers (L & J)		Reformers Class				
4:15- 5:15 PM	Cycling Class (Kathy)						
5:00-5:30 PM		Cardio Abs (Andrea)		Cardio Abs (Andrea)			
5:15-6:15 PM	Zumba (Johnna)						
5:30-6:30 PM	Total Cond.(Debbie)	Yoga (Andrea)	Total Cond (Debbie) Core Yoga (Andrea)	Yoga (Andrea)			
6:00-7:00 PM	Cardio Kickboxing (MK)						
6:40-7:40 PM	Power Yoga (Andrea)						
6:40-7:40 PM		Zumba (Jamie P)		Zumba (Jamie)			



April Fitness

STATS Class!!!

Students Taking Athletic Training Seriously

Benefits of the program include

- Improve self esteem & confidence
- Weight loss
- Build strength & muscle density
- Prevent childhood obesity & diabetes
- Increase flexibility
- Increase Cardio endurance
- Nutrition awareness/healthy choices
- Fitness testing pre & post
- Fun & non threatening

Classes begin Monday April 27

4 week session
2x/week Monday & Thursday
4:00—5:00 PM
Ages 8-14 years of age
Groups divided by age





Membership Newsletter



Did You Know...

We have started a NEW online newsletter filled with great information! Log on to www.kokomoymca.org & sign up! Money saving coupons for programs will be available up \$10.00 off!!



What if the YMCA of Kokomo earned a penny every time you searched the Internet? Or how about if a percentage of every purchase you made online went to support our cause? Well, now it can!

GoodSearch.com is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up!

GoodShop.com is a new online shopping mall which donates up to 37 percent of each purchase to your favorite cause! Hundreds of great stores including Amazon, Target, Gap, Best Buy, ebay, Macy's and Barnes & Noble have teamed up with GoodShop and every time you place an order, you'll be supporting your favorite cause.

Just go to www.goodsearch.com and be sure to enter YMCA of Kokomo Indiana as the charity you want to support. And, be sure to spread the word!



April 18!!!

**SATURDAY, APRIL 18
10:00-12:00!! YMCA**

YMCA Healthy Kids Day will be celebrated across the country at more than 1,700 YMCAs. Last year, more than 700,000 attendees participated in YMCA Healthy Kids Day events nationwide. This year's activities vary and may include exercise demonstrations, family fitness activities, health screenings, educational fun projects, nutritious food demonstrations and more.



- Included this year will be:
- Margie Lea's chair massage for Mom & Dad!
- Kokomo Police Department Family Zumba
- Toddler Obstacle Course
- Kids Face Painting
- And much more!!



We build strong kids, strong families, strong communities

(Ages: 6-13)

This league consist of one practice per week and a game on Saturdays. There are no try-outs and everyone plays. Team-mate and coach request honored if you register early. Volunteer coaches needed.

Registration Begins: February of 2009

Session Dates: The session begins April 18.

Divisions: Junior (6 - 8 years) *** Senior (9 - 13 years)

Member Cost: \$51

Participant Cost: \$58

All games are played at Darrough Chapel Park on Goyer Rd. Game times depend on the number of teams. Volunteer coaches are needed.

YMCA T BALL!!!

(Ages: 3-6)

This instructional league will teach kids the fundamentals of baseball in a non-competitive game setting. Games are on Saturdays at Darrough Chapel Park. There are no practices. Emphasis is on fun and learning.

Registration Begins: February of 2009

Session Dates: The League begins April 25, 2009

Member Cost: \$52

Participant Cost: \$58



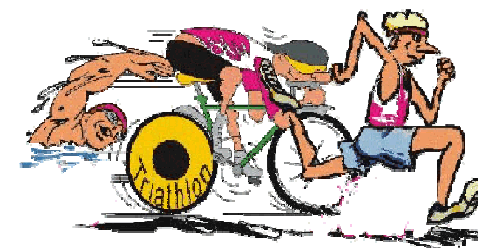
We build strong kids, strong families, strong communities

Camp Begins June 1!!

Summer just wouldn't be the same without the excitement and adventure of a YMCA Day Camp. For over 100 years,

Howard County children have come together for a summer full of nature, water fun, games, cookouts, arts & crafts and new friendships! A wide variety of programs are offered for children ages 6 through 14, with special programs designed just for teens.

Call the YMCA Child Care Center for more info at 236-2070



FIRST MOCK INDOOR TRIATHLON WAS A SUCCESS!

Look for our Lazy Man's Triathlon coming this summer!

Break it down!
The Ironman!!