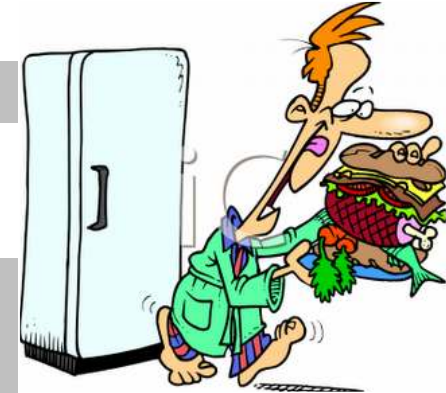


Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45 AM	Group Flex (Jenny)	Boot Camp (Johnna)	Yogalates (Diana)	Group Flex (Johnna)	Cycle Class (Johnna/Bob)		
5:30-6:30 AM	ZUMBA (Jenny)		ZUMBA (Jenny)				
8:15-9:15 AM	Stress Relief Yoga (Dawn/Linda)		Stress Relief Yoga (Dawn/Linda)				
9:15-10:00 AM		Trekking (Linda)		Trekking (Johnna)			
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		Yoga (Dawn/Linda)	10:15-11:45 Intro to Tri Training!! NEW CLASS	Yoga (Dawn)	Zumba (Jenny)		
11:30-12:30	Active Older Adults (Dawn/Linda)		Active Older Adults (Dawn)		Active Older Adults (Linda)		
11:45-12:30 PM		Zumba (Jenny)		Reformer Pilates (Dawn)			
11:45-12:45 PM	Group Cycling (Kathy)	Pilates Reformers (Dawn)	Group Cycling (Kathy)		Group Cycling/Trekking (Johnna)		YOGA (2:00) ZUMBA (3:00)
4:00-5:00 PM		Boot Camp (Jenny)	(4:15) Zumba (Ranee)	Boot Camp/Strength Training (Sara)			
4:15-5:15 PM	Mat Pilates & Reformers (L & J)		Reformers Pilates Class				
5:00-5:30 PM		Cardio Abs (Andrea)		Cardio Abs (Andrea)			
5:15-6:15 PM	Zumba (Jamie)						
5:30-6:30 PM	Total Cond.(Debbie)	Yoga (Andrea) Group Cycling (Ron)	Total Cond (Debbie) Yoga (Andrea)	Yoga (Andrea)			
5:40-6:40 PM	Kickboxing (Rebekah)			Kickboxing (Alysha)			
6:40-7:40 PM	Power Yoga (Andrea)	Zumba (Jamie P)		Zumba (Jamie)			

Nighttime Snacking: Habit or Hunger

Saturday Classes

Zumba Flex begins @ 8:30 AM & ends @ 10:30



Nighttime snacking can be problematic and there are steps that you can take to break this habit. However, it is important to first determine whether or not you are snacking out of habit or hunger. For instance, if you eat an early dinner at 5:30 or 6 pm and are a night owl who likes to stay up until midnight, then you are

probably experiencing true hunger around 9:30 or 10 pm. Listen to your body and feed it when it's hungry. Choose healthy snacks that are just filling enough to take the hunger away. A low-fat yogurt or a cup of hot tea with toast and nut spread will usually do the trick.

However, if you finish dinner and are plopping down in front of the TV an hour later with a bag of chips, then you are probably snacking out of habit. Although habits can be difficult to break, the good news is that you're not fighting physiological hunger. Therefore, you can set up some roadblocks to habitual snacking that can break the cycle. Once you interrupt the cycle and develop a new routine, the problem is usually resolved.

Try to make every snack and meal a sit down affair. It's hard to listen to your internal body cues when you're multitasking. Form the new habit of always sitting down at the table while eating. Once this is your customary way of consuming food, mindless snacking elsewhere will feel foreign.



Remember, the key is to live and eat more consciously. Take steps that enable this mindful approach and interrupt unconscious habits that aren't working for you. Good luck!



Membership Newsletter



VOLUNTEERS NEEDED!

Description: **GREETER**



General Function

The Membership Greeter is the public's initial contact with the YMCA and is expected to communicate to members, participants and general public services, programs and events in a friendly, knowledgeable and courteous manner.

Minimum Qualifications

- Must be at least 16 years of age
- Must have good communication skills including phone skills
- Must be able to deal with a diverse group of people in a friendly and consistent manner
- Must be able to reflect a positive attitude friendly and courteous manner

Don't Stop Now! Spring Break Is Just Around The Corner??

Need motivation? Looking for a way to tone up and be beach body ready? OR maybe you just want to be healthier! Either way, the YMCA Health & Fitness Team will be ready to help you meet your goals, have fun, and put you on the road to a healthier you!!

DETAILS COMING UP SOON! BE THE FIRST TO GET THE DETAILS BY SIGNING UP FOR OUR E NEWSLETTER ON OUR WEBSITE:

www.kokomoymca.org

Registrations are being taken for youth sports programs and leagues:

- Little Dribblers- instructional basketball program for 3-5 year olds.
- Indoor Soccer League- Register before January 14 to receive a reduced fee.
- Pee-Wee Soccer- Instructional soccer for 3-5 year olds.

Registration will begin on January 15th for the following programs:

- Big Dribblers – instructional basketball for 6-8 year olds.
- YMCA cheerleading
- Girl's Only Basketball league
- Volleyball- instructional program.
- Outdoor Soccer



Adult Sport Leagues

- Indoor Soccer league
- Volleyball leagues



Family Night



Invite a Family
January 23, 2010 6:00-8:00PM

YMCA family members can invite a non-member family to this fun family night. The evening will include: Swimming, volleyball, basketball the teen center and more. Register at the front desk by January 20.



YMCA Strong Kids Campaign

Community Kick Off February

They need us. We need you.