



December 17, 2021

Dear Group Fitness Participant,

I wanted to inform you of some new changes with our Group Fitness Class Sign-Up Procedures beginning January 1, 2022. For the past several years, we have offered seven sessions of classes per year, lasting roughly seven weeks at a time. Starting in 2022, we are moving away from the sessions and the two-week sign-up period and moving toward an Unlimited Monthly Class Pass. This Unlimited Monthly Class Pass will be used for all Aqua and Land classes, which means that you will be able to take as many classes as you want each month for just one fee.

Current YMCA members have several FREE classes available to them. These classes will remain FREE in 2022, please see list below. Regardless, if you are a YMCA member or a Program Member and you pay for classes your sign up procedures will be different in 2022.

YMCA Members: Unlimited Monthly Class Pass will be \$10 a month and can be purchased monthly, six-months, or 12-months at a time, or can be added to your monthly draft to be drafted along with your current membership dues. Classes can be purchased individually for \$5 a class.

Program Members (Non-Members): Unlimited Monthly Class Pass will be \$60 a month and can be purchased monthly, six-months or 12-months at a time. Classes can be purchased individually for \$15 a class.

How will these new Sign-Up Procedures Work?

1. Purchase an Unlimited Monthly Class Pass from the Front Desk for one-month, six-months or 12-months, or if you are a YMCA Member, set it up to be drafted along with your Membership dues each month.
2. Pick up your Unlimited Monthly Class Pass Card from the Front Desk each time before going to the class you want to take.
3. Drop it into the box and sign in on the Roster Sheet in the Class.
4. Have fun taking the class you are in!
5. Repeat Step 2 and 3 for as many classes as you want each month!

Current FREE Classes Offered:

Mondays	Class	Time		Tuesdays	Class	Time
	Cardio Drum Class	9:45 am - 10:15 am			Power Hour	8:15 am - 9:15 am (Offered T & TH)
	Aqua Cricket Class:	4:00 pm - 5:00 pm (Offered M, W, F)			Silver Sneakers Classic	9:30 am - 10:30 am
	AquaDANCE Class	6:00 pm - 7:00 pm (Pool)			Aqua Total Body Blast	6:00 pm - 7:00 pm (Offered T & TH)
Wednesdays	Class	Time		Thursdays	Class	Time
	Silver Sneakers BOOM MOVE	9:40 am - 10:10 am			Body Barre Class	9:30 am - 10:15 am
	Silver Sneakers Yoga Stretch	10:15 am - 11:00 am		Fridays	Class	Time
	Power Core and Cardio	5:30 pm - 6:30 pm			Silver Sneakers Classic	10:30 am - 11:30 am

We hope these new changes are as exciting to you as they are to us, but as with anything new we know there will be questions, so please feel free to reach out if you have any.

Sincerely,
Bridget Eastwood
Group Fitness Director