

# ADULT WELLNESS

## AT THE AYCC

The Alfond Youth & Community Center is so excited to open our new **Wellness Center!**

In the coming months, we will be adding fitness equipment, a walking track, and expanded wellness programming. Stay tuned for details!



### AYCC WELLNESS CLASSES

Classes below are included in AYCC Membership OR \$5.00/Seniors (55+) or \$8.00/Adults

**\*\*NEW\*\* Boot Camp** with Jessica C. Begins June 25 Mon, Wed & Fri • 5:30-6:30am

Keep your body guessing with our new Boot Camp class! Boot Camp is a 60 minute high-intensity, circuit style class that combines bodyweight exercises with cardiovascular exercises for a great full body workout. Each class will begin with a dynamic warm-up that will lead into our Boot Camp circuit, and will end with a cool down and stretching. All abilities are welcome in our class and exercises can be modified to meet all fitness levels.

**Posture & Tone** with Jamie W. Begins June 25 Tues & Thurs • 8:00-9:00am

Posture & Tone is a group exercise class that uses a variety of light to moderate weights along with exercise equipment to strength muscles and joints, build bone density, and increase overall fitness. Our instructor teaches this class so that it can be modified to fit anyone's current fitness level. The welcoming atmosphere makes this a great place to work on your fitness goals.

**Enhance Fitness®** with Jamie W. Ongoing Class Mon, Wed & Fri • 10:00-11:00am

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### ADULT WELLNESS OPTIONS



Activity	Location	Schedule	Member Rate	Non-Member Rate
<b>Aquatic Fitness Classes &amp; Open Swims</b>	Lap or Therapy Pool	Varies	Included	\$5.00/Seniors (55+) \$8.00/Adults
See the AYCC Aquatic Schedule for class descriptions and schedules.				
<b>Martial Arts</b>	Club NAHA Karate Dojo	Varies	Included	\$90.00/ seven-week session
See the AYCC Martial Arts Schedule for class descriptions and schedules.				
<b>Pickleball</b>	Gyms I, II or III	Mon, Wed & Fri 9:00-11:45am	Included	\$5.00/Seniors (55+) \$8.00/Adults
An increasingly popular sport, Pickleball partners use paddles and combine aspects of table tennis, tennis and badminton to volley a perforated plastic ball (similar to a Wiffle Ball) over a net. The AYCC does not run this program on rainy days in the summer due to limited facility space for summer camps.				
<b>Walking Program</b>	Gyms I, II or III	6:30-8:00am	Included	Free
The AYCC currently offers a FREE walking program to all according to the schedule above. Once our Walking Track is officially open, expanded hours will be available at an additional rate for non-members.				