



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASTICS FITNESS & FLEXIBILITY FOR ADULTS

GYMNASTICS FITNESS CLASS FOR ADULTS

All levels welcome! Train like a gymnast. Build a fantastic physique, and have a chance to learn technique! The adult student will be introduced to the basic principles of gymnastics including positions, proper form, how to stretch, light strength training and conditioning, fundamentals of tumbling, use of the gym apparatus including but not limited to: uneven bars, balance beam and vault; as well as basic gymnastics skills. This class will teach adults with minimal to no prior experience, while also accommodating former gymnasts who still have the desire to do “flips and stuff.” For ages 16 and up.

- Day/Time: Thursday 6:30 - 8:00 p.m.
- Fall II: November 1 - December 13, 2018
- Full Member Fee: \$80 • Program Member Fee: \$110

ADULT STRETCH, FLEX & MOBILITY

Learn how to bend so you don't break! Learn how to use active, dynamic and static stretching to help lengthen and strengthen your body with this 60 minute Flexibility Conditioning Class. You will become more aware of your alignment and improve your functional range of motion. Combining proven techniques such as PNF (Proprioceptive Neuromuscular Facilitation) stretching and joint mobility, this class helps prevent injuries, increase energy and helps balance the body. It is the perfect class for the current athlete or someone who just wants to become more flexible and move better. All levels welcome, students will be offered modifications to meet their current skill set. Age 16+.

- Day/Time: Saturday 11:15 a.m.-12:15 p.m.
- Fall II: November 2 - December 14, 2018
- Full member fee: \$65 • Program member fee: \$95

QUESTIONS: Coach Mandy at mmakein@meridenymca.org or call 203-235-6386. Register at the Meriden, New Britain or Berlin YMCA locations.

LOCATION: Meriden YMCA Athletic Center at 74 Cambridge Street, Meriden.

MERIDEN YMCA
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