



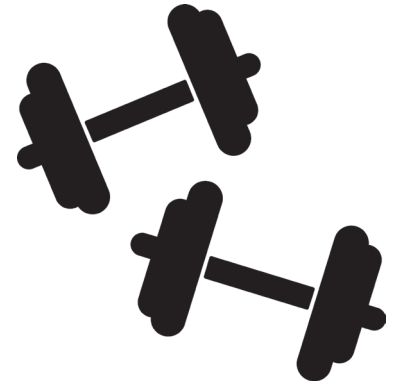
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS PROGRAMS

SPRING 2019

ADULT WELLNESS – April 8th - May 26th

Class Name:	Age	Day(s)	Time	FM/M
Women on Weights	14+	M	6:00-7:00pm	\$44
Women on Weights	14+	T	8:30-9:30am	\$44
Women on Weights	14+	T	9:30-10:30am	\$44
Women on Weights	14+	W	9:00-10:00am	\$44
Women on Weights	14+	W	6:00-7:00pm	\$44
Women on Weights	14+	R	8:00-9:00am	\$44
Women on Weights	14+	R	9:00-10:00am	\$44
Women on Weights	14+	R	1:00-2:00pm	\$44
Teen on Weights	10-13	S	12:00-1:00pm	\$44
Men's Strength Tr.	17+	T	5:15-6:15pm	\$44



CHOOSE TO LOSE 14+ VARIOUS \$45/monthly or \$135/12 weeks
(Free informational Meeting on Wednesday, April 3rd at 5:30pm)

NO Classes week of 4/22 - 4/28

ADULT LEAGUES

Class Name:	Age	Day(s)	Time	FM/M
NBA (Noontime Basketball League)	18+	M-W-F	11:00am-1:00om	\$100 (annual)
45+ league	45+	W	7:30pm-8:00pn	\$55 (annual)

PICKLEBALL

Class Name:	Age	Day(s)	Time	FM/M	NM
Pickleball	18+	M-F	6:00am-7:30am	Free	\$5 drop in
Pickleball	18+	M/W/F	7:30am-10:00am	Free	\$5 drop in
Pickleball	18+	T/R	11:30am-2:30pm	Free	\$5 drop in
Pickleball	18+	S	6:30am-8:30am	Free	\$5 drop in
Pickleball	18+	Su	6:30am-11:30am	Free	\$5 drop in

Questions about Adult Wellness Programs
contact Lisa Camp,
lcamp@glensfallsymca.org

Questions about Adult Basketball Leagues &
Pickleball contact Coach Todd Ash,
tash1@glensfallsymca.org