



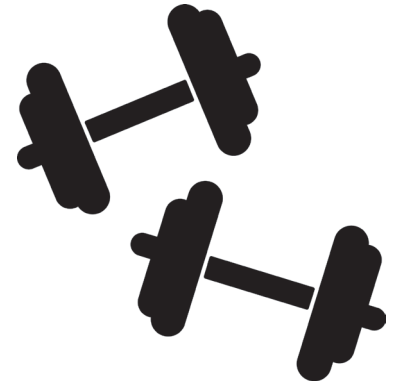
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WELLNESS PROGRAMS

WINTER I: 1/7 -2/17 (6 Weeks)  
WINTER II: 2/25 - 4/7 (6 Weeks)

## ADULT WELLNESS (PRICES FOR BOTH WINTER I AND II)

Class Name:	Age	Day(s)	Time	FM/M
Women on Weights	14+	M	6:00-7:00pm	\$43.50
Women on Weights	14+	T	8:30-9:30am	\$43.50
Women on Weights	14+	T	9:30-10:30am	\$43.50
Women on Weights	14+	W	9:00-10:00am	\$43.50
Women on Weights	14+	W	6:00-7:00pm	\$43.50
Women on Weights	14+	R	8:00-9:00am	\$43.50
Women on Weights	14+	R	9:00-10:00am	\$43.50
Women on Weights	14+	R	1:00-2:00pm	\$43.50
Teen on Weights	11-13	S	12:00-1:00pm	\$43.50
Men's Strength Tr.	17+	T	5:00-6:00pm	\$43.50
Fit Teen Cert.	10-13	Select W	5:00-6:30pm	FREE/\$20 for Members
Fit Teen Cert.	10-13	Select S	9:00-10:30am	FREE/\$20 for Members
CHOOSE TO LOSE	14+	VARIOUS		\$45/monthly



## ADULT LEAGUES

Class Name:	Age	Day(s)	Time	FM/M
NBA (Noontime Basketball League)	18+	M-W-F	11:00am-1:00om	\$100
45+ league	45+	W	7:30pm-8:00pn	\$55.00

## 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