



# Winter Sessions 2018

 989.725.8136

## Here for Families!

### WINTER MEMBERSHIP SPECIALS

JOIN THE YMCA DECEMBER 1 THROUGH FEBRUARY 15 AND WE'LL WAIVE OUR JOINER FEE\*

\*Joiner fee waived for all new and renewing adult and family memberships.

visit us on Facebook

discover more at [shiwasseeymca.org](http://shiwasseeymca.org)

#### Find it here...

**Page 2** Chairman's Roundtable  
Building Hours

**Page 3** Membership Rates  
Tot Watch  
Mission Possible XXXII  
Kid's Birthday Party

**Page 4** Youth Development  
Tumblebugs  
Tumbleweeds  
Youth Dance Program

**Page 5** Youth Development  
Youth Volleyball  
YMCA/Rotary Soccer  
T-Ball

**Page 6** Healthy Living  
Family Wellness 101  
Arthritis Foundation  
-Aquatic Program  
Personal Training

**Page 7** Healthy Living  
Group Exercise  
Class Descriptions



Check the perfect gift off your shopping list. Surprise someone (or yourself) with a Y membership.

A Y membership means more. Stop by a Y today and let us surprise you!

NON PROFIT ORGANIZATION U.S. POSTAGE PAID PERMIT NO. 39 OWOSSO, MI

Shiawassee Family YMCA  
515 W. Main Street  
Owosso, MI 48867



### THE Y: WHO WE ARE

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. As a dedicated association of staff, volunteers, donors, partners and allies, the Shiawassee Family YMCA is steadfast in our mission to build healthy, confident, connected and secure children, adults, families and communities throughout Shiawassee County.

### THE YMCA IS FOR:

#### I. YOUTH DEVELOPMENT

Because we believe that all kids deserve the opportunity to discover who they are and what they can achieve, we will focus existing programs for children and teens to more clearly cultivate the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

#### II. HEALTHY LIVING

Because we believe we have a responsibility to make a positive and measurable impact on the community's health, we will directly leverage a mission centered on the balance of spirit, mind and body to strengthen and expand program offerings that bring families closer together, encourage healthy lifestyles and foster connections with others.

#### III. SOCIAL RESPONSIBILITY

Because we believe in fostering the care and respect all people need and deserve, we will thoughtfully listen and aggressively respond to our communities' most critical social needs.

• • • • •

**Strong  
Kids  
Campaign  
Kickoff  
Breakfast  
Early  
2018**

• • • • •

**Save The Date!**  
**42<sup>nd</sup> Annual**

**Curwood Festival of Races  
June 9, 2018**

Half Marathon to start at 7:30am  
5K/10K to start at 8:30am

Stop by the YMCA and get registered today!

### STRENGTHENING THE FOUNDATIONS OF COMMUNITY

#### Strong Kids Campaign Financial Aid Program

Your monthly membership fee pays for equipment, upkeep, utilities, wages, cleaning chemicals and the variety of costs associated with operating our branch. However, for some youth, families, and seniors, that monthly fee is too much to afford. Maybe it's the single mom trying to provide for her children, a high school student who wants to stay active with friends, or the senior on a fixed income. Whatever the case, there are some members of our community who desperately want the benefits of coming to the Y that you enjoy but couldn't afford it otherwise.

That's why the Strong Kids Campaign Financial Aid Program is so important.

We want to make the Y a place for all people regardless of skill, age, gender, race, and even ability to pay. Funds from the Strong Kids Campaign program are used to subsidize the costs of memberships and camp scholarships for people in need. The person next to you on the treadmill, in water aerobics, lifting weights or drinking coffee could be helped by your generous donation.

If you are interested in making the difference in the lives of families in our community, please contact us at 989-725-8136.

#### Chairman's Roundtable (\$1000+)

- HK Allen Paper
- Bruce Cook
- Gary Geiger
- Jeff Geiger
- Gilbert's Do It Better Hardware
- Indian Trails
- Memorial Healthcare
- Owosso Cinemas
- Marvin and Marsha Schultz
- Tony Young/Young Chevrolet Cadillac

#### BUILDING HOURS

##### (Labor Day - Memorial Day)

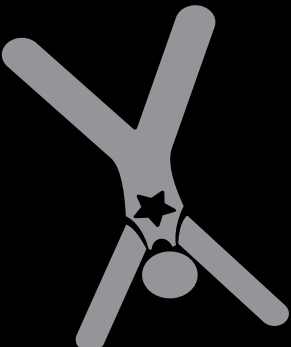
- Monday - Thursday: 5am - 10pm
- Friday: 5am - 9pm
- Saturday: 7am - 7pm
- Sunday: 8am - 6pm

##### (Memorial Day - Labor Day)

- Monday - Thursday: 5am - 10pm
- Friday: 5am - 8pm
- Saturday: 7:30am - 5pm
- Sunday: 7am - 5pm

#### The YMCA will be closed on the following dates:

- Christmas Eve - Sunday, Dec. 24
- Christmas Day - Monday, Dec. 25
- New Year's Eve - Sunday, Dec. 31 at 3pm
- New Year's Day - Monday, Jan. 1
- Easter - Sunday, April 1



**SAVE THE DATE!**  
**Healthy  
Kids Day  
at the YMCA**  
**Saturday April 21, 2018**

# Winter Membership Specials

**Join the YMCA between December 1 – February 15 and we'll waive our Joiner Fee for Adult and Family Memberships, a \$65 savings!**

## When you join the YMCA you will enjoy the following benefits:

- Discounts on YMCA programming including youth sports, group exercise and water aerobics.
- Full use of our facility including cardio equipment, free weights and circuit room, gymnasium, locker rooms, sauna and more!
- Access to Certified Personal Trainers
- The AWAY Program – Use your YMCA membership at other YMCAs while traveling. Policies vary from Y to Y. Beginning December 2017, YMCA members have nationwide reciprocity!
- Member engagement events
- Free Child Watch for Family Memberships
- Free Group Fitness Classes!!

## FREE Equipment Orientation

When you're new to the YMCA or not sure how to use a certain machine, our staff are here to help! Members are given the opportunity to go through a free one-time orientation with a wellness staff. Equipment orientations will help you learn the proper form and technique for the weight equipment and how to use the cardio equipment. Appointment times and availability vary. Schedule your appointment at the Front Desk.

## Corporate Memberships

Does your company have 5 or more people who would like to be YMCA members? You might qualify for membership pricing specials. Please contact the YMCA for more information.

## The YMCA is all about families!

We'll watch the kids while you work out! Family memberships include FREE childcare 6 days a week. You can work out with complete peace of mind that your child is in a safe and fun environment! We offer free, age-appropriate babysitting for children 8 weeks to 13 years.

### Tot Watch

(8 Weeks to 5 Years)

#### January - April Hours

Monday-Friday	9:00-11:30am
Monday-Thursday	5:00-8:00pm
Friday	5:00-7:00pm
Saturday	9:00am-12:00pm

### Kids Gym

(5-13 Years)

Monday-Friday	9:00-11:30am
Monday, Tuesday, Wednesday	5:00-8:00pm
Friday	5:00-7:00pm
Saturday	9:00-12:00pm

## KID'S GYM BIRTHDAY PARTY

Leave the fun to us with a birthday party at the YMCA. Let the Y staff coordinate, plan and set up a party full of fun and games. Parties should be scheduled at least two weeks in advance for a Saturday or Sunday afternoon. Your YMCA Birthday Party includes a birthday cake, drinks, table service. Parties are limited to 10 kids, add additional children for \$2 each. YMCA Member: \$125 Non Member: \$150

## Current Membership Pricing Per Month

Adult	\$36.00
Family with 1 Adult	\$43.00
Family with 2 Adults	\$49.00
College Student	\$18.00

**NO CONTRACT REQUIRED**

## Financial Assistance:

The YMCA welcomes all who wish to participate and believes that no one should be denied access to the Y based on their ability to pay. Through our Strong Kids Campaign, the Shiawassee Family YMCA is able to provide assistance to youth, adults and families based on individual needs and circumstances.



**MISSION  
POSSIBLE  
XXXII**  
(Ages 16 and up)

### YOU CAN WIN AT LOSING WEIGHT!

We want YOU to take the challenge to lose those pounds for good!

- Mission Possible participants weigh-in at the YMCA every Wednesday between 5am and 8pm, at your convenience.
- When you pledge to lose at least 5lbs, you'll receive a special Mission Possible Y T-Shirt!
- Every participant will receive a pass to participate in group exercise classes.
- The overall winner will receive their registration fee back!

**DATE: January 3-February 21**

COST: \$25/Member \$30/Non Member

\$50 w/7 week YMCA membership/Non member

**Register by: January 2**

### CHECK THIS OUT:

The fall group collectively lost 156lbs!  
Average weight lost/participant was 9.9lbs!  
Average % of body weight lost/participant was 4.72%!

# Youth Development

**Receive \$10 Off Each Additional Child for Families Registering more than one Child for Youth Programs.**

## Tumblebugs (Ages 2-3)

Your little one will be introduced to tumbling, pre-balance beam and pre-vault skills in our Kid's Gym on Thursdays. Children will develop coordinated movement, large muscle control, flexibility, strength and balance as they perform basic tumbling skills all while playing games, making friends, and enjoying parent involvement too. \*\*5 participants required to host program.

**Session 1: January 4 – February 15**

**Session 2: February 22 – April 12\***

**Session 3: April 26 – June 7**

**\*No Class on April 5**

Day/Time: Thursday 5-5:30pm

Register By: 1 Week prior to session start date

Cost: \$45/Member \$75/Non Member

## Tumbleweeds I (ages 4-8)

Your little one will be introduced to tumbling, pre-balance beam and pre-vault skills in our Kid's Gym on Thursdays. Children will develop coordinated movement, large muscle control, flexibility, strength and balance as they perform basic gymnastic skills. Level 2 is building on skills learned in Level 1 class.

\*\*5 participants required to host program.

**Session 1: January 4 – February 15**

**Session 2: February 22 – April 12\***

**Session 3: April 26 – June 7**

**\*No Class on April 5**

Day/Time Level 1: Thursday 5:30-6:15pm

Day/Time Level 2: Thursday 6:15-7pm

Register By: 1 Week prior to session start date

Cost: \$45/Member \$75/Non Member

## Tumbleweeds 2 (Ages 8-12 or advanced skill level)

Introductory level skills will emphasize fine motor control, flexibility and strength. Balance and coordination will also be highlighted while students master basic tumbling skills and develop combination tumbling. Our Kid's Gym provides a perfect atmosphere for gymnastic skills. \*\*5 participants required to host program.

**Session 1: January 4 – February 15**

**Session 2: February 22 – April 12\***

**Session 3: April 26 – June 7**

**\*No Class on April 5**

Day/Time Level 1: Thursday 5:30-6:15pm

Day/Time Level 2: Thursday 6:15-7pm

Register By: 1 Week prior to session start date

Cost: \$45/Member \$75/Non Member

## Youth Dance Program (Ages 4-14)

Take center stage with a great beginner dance class. Your child will learn ballet, jazz, and hip hop during a six week session. Your child will learn basic steps, exercises, basic center floor movements, and across the floor movements as well as brief dance history lessons. This class will introduce partner work and dance technique used in all dance styles at every dance studio. Your child will work on fine motor control, flexibility, balance, and much much more. \*\*5 participants required to host program.

**Session 1: January 3 – February 7**

**Session 2: February 14 – March 21**

**Session 3: March 8 – May 6\***

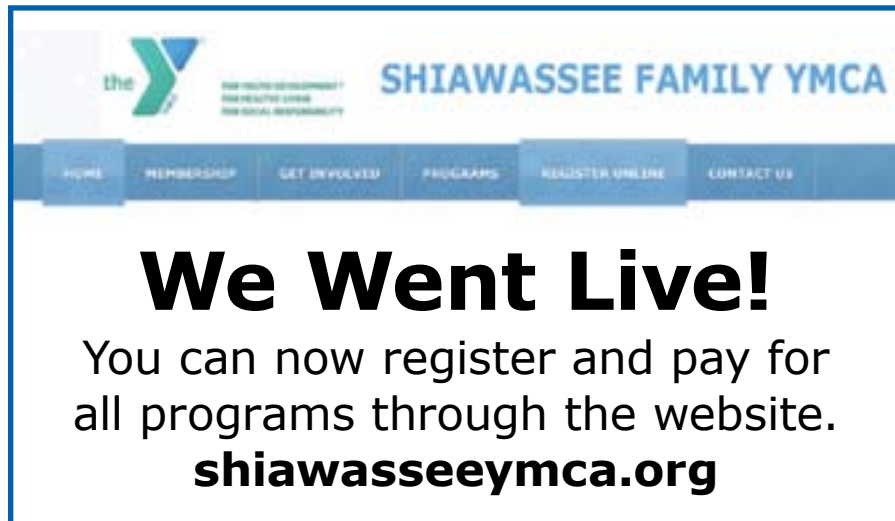
**Session 4: May 23 – June 27**

**\*No classes on April 4 or April 18**

Day/Time: Wednesday 6-6:45 pm

Register By: 1 Week prior to session start date

Cost: \$45/Member \$75/Non Member



the SHIAWASSEE FAMILY YMCA

HOME MEMBERSHIP GET INVOLVED PROGRAMS REGISTER ONLINE CONTACT US

# We Went Live!

You can now register and pay for all programs through the website.

**shiawasseeymca.org**



## Let us help you get your finances in shape!

- Auto & Mortgage Loans
- Home Equity Line of Credit
- Credit & Debit Cards
- Mobile & Online Banking

**Apply today at lafcu.com**

**LAFCU**  
YOUR CREDIT UNION FOR LIFE  
lafcu.com | 517.622.6600

NMLS# 562117 Federally Insured by NCUA

Corunna: 2665 E. M-21 | Owosso: 1720 W. M-21 | St. Johns: 2317 S. US-27



**JACOBS insurance**

**PIONEER STATE MUTUAL Insurance Company**

*Serving Your Auto and Home Insurance Needs*

2021 E. Main St.  
Owosso  
989-725-7117  
www.jacobsinsurance.com




# CORUNNA CHIROPRACTIC CENTRE, P.C.

211 N. Shiawassee  
Corunna, MI (Next to South 401)  
989-743-3515

- Chiropractic Care • Therapeutic Massage
- Sports Injury Care
- Decompression For Herniated & Bulging Disc



# Youth Development

## Youth Basketball League (Ages 5-12)

Everybody Plays, Everybody Wins! (Kindergarten – 8th Grade) Dribble, pass and score in this recreational basketball league for kids in grades K-8. Basic skills, team building and character development are emphasized. To keep competition in perspective, no score will be kept for games in the K-3 grades. All players will receive a team jersey and end of season award.

### Session 1: January 8 – February 24

Register By: January 5

Day/Time: Practice times TBD; Saturday games, times TBD.

Cost: \$45/Member \$75/Non Member

## Floor Hockey

Young children will be introduced and taught the basic skills of Floor Hockey. Children will learn the importance of teamwork and sportsmanship while enhancing their fine and gross motor skills. Floor hockey is played in running shoes. Each child will be provided with a team shirt and all equipment will be provided by the Y.

### Session 1: March 8 – April 12

Register By: March 2

Day/Time 3-5 Year Olds: Thursday 5:00-6:00pm

Day/Time 6-8 Year Olds: Thursday 6:00-7:00pm

Cost: \$45/Member \$75/Non Member

## Youth Volleyball

Bump, Set, Spike! This program will provide instruction, information and game play for youth looking to learn the sport of volleyball. There will be 4 weeks of practice and 3 weeks of game play. All players receive a team t-shirt and end of season award. \*\*Minimum of 10 participants to host program.

### Session 1: March 17 – April 28 (Saturdays)

Register By: March 13

Day/Time (8-10): Saturday 10 am -11 am

Day/Time (11-13): Saturday 11:15 am - 12:15 pm

Cost: \$45/Member \$75/Non Member

## SPRING BREAK DAY CAMP AT THE YMCA (Ages 6-13)

Spend your Spring Break with the Shiawassee Family YMCA! Games, sports, crafts, and an awesome field trip are all on the schedule! Campers must wear comfortable clothing/footwear and bring a sack lunch. An afternoon snack will be provided by the YMCA. Space is limited, register early.

### Dates: April 2 – 6, 8 am – 5 pm daily

Register by March 23

Cost: Y Member - \$100 Non Member - \$125

## YMCA/ROTARY SOCCER LEAGUE (Ages 4-14) Spring 2018

YMCA Spring Soccer Registration is already here! Youth soccer is a great start for any child looking to learn the sport or improve their skills. There are volunteer coaches that will assist your child in learning the fundamentals of the game. Every player receives a team t-shirt and end of season award. Don't miss out on the great experience.

### Spring 2018

#### Session 1: April 14 – June 2

Register By: April 6

Location: Hugh Parker Soccer Complex

Cost: \$45/Member \$75/Non Member

## T-BALL (Ages 4-7)

A recreational league that teaches basic skills, team building, values and fun! No score is kept and everyone plays. All players receive a team shirt, hat and end-of-season award.

### Session 1: May 24 – June 28 (Thursdays)

Register By: May 18

Cost: \$45/Member \$75/Non Member

## ITTY BITTY SOCCER (Ages 2-3)

Young children will be introduced and taught the basic skills of soccer. Through Itty Bitty sports children will learn the importance of teamwork and sportsmanship while enhancing their fine and gross motor skills. Every player receives a team t-shirt and end of season award.

### Session 1: May 29 – July 10 (Tuesdays)\*

\*No soccer the week of July 4

Register By: May 24

Cost: \$45/Member \$75/Non Member

**Signature** Ford LINCOLN

*Drive In and See Us Today!*

1960 E. Main St., Owosso • 989-725-2888  
sigautogroup.com

## Choose The Best. #1 in Orthopedic Care.



### Mid-Michigan Orthopedics

113 E. Williams Street, Owosso

(989) 725-6101

MemorialHealthcare.org



**Clark** FIRE & SAFETY

**HAVE YOU BEEN INSPECTED?**

**ONE DAY SERVICE!**

*WE CAN HELP!*  
SINCE 1989

**\*Free Survey**  
**989-725-7155**

Sales • Service • Maintenance  
Commercial, Industrial, Residential, Agricultural

**FIRE EXTINGUISHERS • ALL TYPES**  
**\*RECHARGE ON LOCATION**

Dry Chemical, Co2, Clean Agent, Wet Chemical, Etc.  
Fire Systems - Wet Chemical / Dry Chemical  
Emergency / Exit Light • Smoke Detectors  
Cabinets • Hydrostatic Testing • First Aid

**HOURS**  
8-4  
M-F

619 S. Washington St., Owosso  
www.clarkfireandsafety.com

# Healthy Living

## Family Wellness 101 - New!!

The Shiawassee Family YMCA is partnering with Evoke Wellness to help your family build healthy habits in 2018. In this 7 week course you will meet one night per week for 60 minutes, Instruction will include: InBody Scans (detailed break down of water, fat, and muscle in your body) at program start and end with an additional scan available for a minimal charge part way through; family nutrition education including tips on meal planning and preparation, nutrition counseling, and getting the whole family involved; family fitness education including proper technique and how to make the most of workouts at home or at the gym; and, behavior change monitoring/mentoring to help you sustain a healthier lifestyle. This program is geared toward any adult/youth combination, especially those with children ages 5 – 12.

Wednesdays, 6:30 pm – 7:30 pm, January 10 – February 21

Register by January 2, 2018.

Cost: \$50/Member \$80/Non Members

## Co-Ed Volleyball League

Competitive league play, sign up your team today!

**Session 1: January 8 – April 16 (Mondays)**

Register By: January 3

Cost: \$250/Team

## Middle School Strength Training

If you are in middle school and want to learn proper exercise technique and how to properly use the Cybex machines, this is for you! Our Director of Wellness and Healthy Living, Adam Sparks, will teach you how to smartly and safely get stronger! All experience levels of weight training welcomed. Spots are limited to the first 10 participants.

**Session 1: January 8 – February 14**

**Session 2: February 19 – March 28**

Monday & Wednesday 5:15 pm – 6:15 pm

Register by January 2, 2018

Cost: \$45/Member \$75/Non Member

## Youth Strength Training

This is a program with a strong focus on using proper technique and designed for athletes looking to improve their performance in any sport. Focus will also include proper dynamic warm-up, strength, power, speed, agility, quickness, and flexibility. Spots are limited to the first 10 participants. Appropriate for 4th & 5th graders.

**Session 1: January 8 – February 14**

**Session 2: February 19 – March 28**

Monday & Wednesday 4:30 pm – 5:15 pm

Register by January 2, 2018

Cost: \$45/Member \$75/Non Member

## Personal Training

### Individual, Group or Youth

Are you getting bored with your current workout? Do you need a push to get you to your next level of physical fitness? Our certified personal trainer is just what you need.

**Adult** Individuals: \$30/session \$140/5 sessions  
\$270/10 sessions

**Youth** Individuals: \$20/session

Group (2-4): \$15/session

**Group Training (2-4)** \$20/session \$95/ 5 sessions  
\$180/10 sessions

\*Personal Training gift certificates are available

## Tai Chi: Moving for Better Balance

Moving for Better Balance is a 12-week evidence-based, instructor-led group program designed to help you improve

your strength, balance, flexibility, and mobility through the slow and therapeutic movements of Tai Chi, a graceful form of exercise and deep breathing. Spots are limited to the first 12 participants.

To participate in the program, participants must be:

- 65 years or older, physically mobile, with impaired stability and/or mobility
- 45 years or older with a chronic condition that may impact stability and/or mobility
- A YMCA membership is not required

**Session 1: January 8 – March 30**

Register by January 2, 2018.

Day/Time: Monday, Wednesday & Friday 10:30-11:15am

Cost: \$50/Member \$80/Non Member

## Aqua-Flexible (Arthritis Aquatics Class)

Exercise in this non-aerobic water exercise class designed to minimize stress on joints, improve flexibility and strengthen muscles while enjoying the buoyancy and relaxation of the warm water pool. No swimming experience is necessary. Water shoes are recommended.

**Session 1: January 9 – February 22**

Register by December 26, 2017

Day/Time Tuesday & Thursday 1 pm – 2 pm

Instructor: Hannah Burns

**Session 2: February 27 – April 12**

Register by February 16

Day/Time Tuesday & Thursday 1 pm – 2 pm

Instructor: Hannah Burns

Location: All classes at MHC Woodard Station



**Memorial & the  
Healthcare**



**SHIAWASSEE  
FAMILY YMCA**

## Arthritis Foundation Water Exercise

### Community Class offered by Memorial Healthcare and Shiawassee Family YMCA

The Arthritis Foundation Aquatic Program is a recreational group exercise program that was co-developed by the Arthritis Foundation and the YMCA of the USA. This program is designed for anyone with arthritis or related rheumatic health issues or musculoskeletal conditions, ranging from people who are sedentary and very limited by impaired joint mobility to those with only mild joint involvement and/or problems with fatigue. Participants improve their joint flexibility, endurance and reduce their pain and stiffness while supported by the water's buoyancy and resistance. Water temperature is minimum of 84 degrees.

Days & Time: Mondays & Fridays 12:30 pm – 1:30 pm

**Session 1: January 8 – February 23**

Register by December 26, 2017

Cost: \$40

**Session 2: February 26 – April 13**

Register by February 16, 2018

Cost: \$40

Instructor: Robin Russell

Location: All classes held at MHC Woodard Station

Days & Time: Mondays & Thursdays 4 pm – 5 pm

**Session 1: January 8 – February 22**

Register by December 26, 2017

Cost: \$40

**Session 2: February 26 – April 12**

Register by February 16, 2018

Cost: \$40

Instructor: Robin Russell

Location: All classes held at MHC Woodard Station

# Healthy Living

**Butt and Gut** – Two areas we want to look good. This class offers a variety of exercises to flatten and tighten those specific body parts.

**Circuit Training** – A class that is a great boredom buster. It offers cardio benefits to help you burn calories. Sculpt your muscles and blast fat with this timed interval workout. Beginner to intermediate fitness level.

**Cycle 101** – Using our new Cycles, pedal your way to fitness. All levels of fitness are encouraged to enjoy the ride and get fit while doing it. Weight training is included.

**H.I.I.T.** – High Intensity Interval Training. Take your exercise routine to a new level or give it a push. This timed interval class will focus on 1 to 2 minutes of high energy movements with a 15 to 30 second recovery. Increase your energy, strength and endurance. Give your Fit a H.I.I.T.

**Insanity Live!** - The revolutionary, cardio-based, total body-conditioning program is here! This calorie torching, shirt soaking workout is based on the principles of MAX Interval Training and you'll be ripping through the most heart pumping workout. It is designed to provide you a safe, challenging and results driven workout with no equipment necessary.

**Metabolic Conditioning** – This class will utilize dumbbells, suspension trainers, compound exercises, and body weight exercises to get a full body workout in under an hour. If you are short on time and looking for a high calorie burn this is the class for you! Why run on a treadmill for an hour when you can lift weight faster and burn double the calories! Modifiable for all fitness levels.

**Pilates** – Down to the core with a little bit more. Utilizing a breathing technique that engages your core throughout the workout. Easy to follow low-impact moves that will help you accomplish deep muscle conditioning and toning. Appropriate for all fitness levels.

**Y's Body Shop** – Keeping in shape never got easier. This low-impact class is designed for the active older adult or for those who need a level one class to get moving at a slower pace. Core work included.

**Gentle Flow Yoga:** This class covers the basics of yoga breathing, poses, and practice. Instruction includes verbal cuing as well as one-on-one instruction focused on proper technique and safety.

**Big-Little Yoga:** This class covers the basics of yoga breathing, poses, and practice for both the adult (the Big) and the child (the Little). Fun child-friendly themes are interwoven into the yoga practice. Instruction includes verbal cuing as well as one-on-one instruction focused on proper technique and safety. This class is geared toward youth ages 3 – 6.

**Boot Camp:** A high energy, timed interval class that includes different cardio segments with strength conditioning.

**Core and Stretch:** Tighten and tone your abs, obliques, and lower back. This class has a strong focus on core strength and stretching out commonly tight areas of the body including the back, hips, and legs. Many of your body's movements originate from your core, and working toward improving its strength will enhance your posture, spinal alignment, stability and more. All fitness levels are welcome!

**Total Body Circuit Training:** This class will burn fat in less time as you improve endurance and build strength! You'll be challenged with intense intervals and brief rest periods. Each muscle group will be worked using a circuit format that incorporates cardiovascular segments to keep the heart rate elevated. Weight can be adjusted for various fitness levels. All fitness levels are encouraged and welcomed!

**Group Exercise Classes are FREE for members**  
\*some exceptions apply

## Group Exercise Schedule

Session 1 – January 2 – February 16

Session 2 – February 19 – April 6

Day	Time	Class	Instructor
MONDAY	7 am	Y's Body Shop (max. 40)	Hannah
	9 am	H.I.I.T (max. 45)	Robin
	10:30 am	Moving for Better Balance (Max. 45)**	TBD
	7 pm	Cycle 101	Sarah
TUESDAY	5:30 am	Cycle 101 (Member Lead)	Anna
	9 am	Pilates	Robin
	10 am	Metabolic Conditioning (45)	TBD
	10:30 am	Gentle Flow Yoga	Cheryl/Stretch
	6 pm	Big-Little Yoga	Jill/Stretch
7 pm	Insanity Live!	Colleen	
WEDNESDAY	5:30 am	H.I.I.T. (45)	Robin
	7 am	Y's Body Shop (40)	Hannah
	9 am	Cycle 101	Robin
	10:30 am	Movement for Better Balance (45)**	TBD
	6 pm	Circuit Training	Cim
6:30 pm	Butt & Gut	Cim	
THURSDAY	5:30 am	Cycle 101 (Member Lead)	Anna
	9 am	Pilates	Robin
	10 am	Metabolic Conditioning (45)	TBD
	6 pm	Total Body Circuit Training	Hannah
	6:30 pm	Core & Stretch	Hannah
7 pm	Cycle 101	Sarah	
FRIDAY	7 am	Y's Body Shop (max. 40)	Hannah
	9 am	Boot Camp	Robin
	10:30 am	Moving for Better Balance (Max. 45)**	TBD

**Unlimited Class Pass:** Non Member - \$55/session **Drop In:** Non Member \$8/class

\*\*Denotes special programs that are not included in class pass and are not free to members



**Durand**

## '17-'18 Before & After School Program

DURAND BOXCAR IN COLLABORATION WITH THE SHIAWASSEE FAMILY YMCA AFTERSCHOOL CHILD ENRICHMENT PROGRAM

**Location: Robert Kerr Elementary School**

Before School Hours: 6-8:30am

After School Hours: 3:30-6pm

**Before School Weekly Cost** \$35 first child, \$30 second child, \$25 third child (and beyond)

**After School Weekly Cost** (includes daily snack): \$35 first child, \$30 second child, \$25 third child (and beyond)

Sign up for both before school and after school for \$60 per week, a savings of \$40 per month!

Drop in Rates \$15 per day  
(1 or 2 Days Only Elementary)

Financial Assistance available to those who qualify. For information, contact site director, Matt Day at mday@shiasawseeymca.org



Home of the USA National Champions!

**\*Introductory Offer**  
**9 WEEKS**  
 Plus Taekwondo  
 or Lil' Dragon  
**Uniform \$99**



**SMAC**  
 Shiawassee Martial Arts Center

204 W. Main St., Owosso  
**989-725-8350**  
 Shiawasseemartialarts.com

*We change lives*

**Great Lakes Bay Health Centers**  
 GreatLakesBayHealth.org *because we Care*

**Accepting New Patients**  
 Family Medical Care • Family Planning Services  
 Immunizations • Well Child Visits • Acute Care  
*Everyone is welcome regardless of Insurance Coverage*  
 Sliding fee scale available to those that qualify based on family size and income

*Make An Appointment At Our Beautiful Facility.*

**Dental: 989-720-4188 Medical 989-729-4848**  
**200 N. Caledonia, Owosso** (The Commons Right off M-21)

**Welcoming New Patients of all Ages**


Because everyone deserves a beautiful smile!



**adiska FAMILY DENTAL**

- General & Cosmetic Dentistry
- Invisible Braces
- Teeth Whitening
- Adult and child friendly
- Works with most dental insurance
- Care Credit Financing

322 E. Exchange St., Owosso  
**989-723-4700 - adiskafamilydental.com**



**HEMENWAY BUSINESS SERVICE**

*in association with* **H&R BLOCK®**

**Tax Preparation • Tax Planning  
 Accounting • Payroll**

602 W. Main St., Owosso, MI  
**989-723-5977**

**Robert A. Hemenway, EA**  
 Master Tax Advisor  
 Franchisee  
 bob@hbstax.com

**Ronald H. Hemenway, EA**  
 Master Tax Advisor  
 Franchisee  
 ron@hbstax.com



**Treating the needs of the whole person, not just behavioral health.**

**SHIAWASSEE Health & Wellness**  
 formerly SHIAWASSEE COUNTY COMMUNITY Mental Health Authority

Services and Crisis Intervention 24/7  
**989-723-6791** 1-800-622-4514 (TTY)

**Tender Care Home Health Care**  
 est. 1999

**Serving Shiawassee County & Surrounding Areas for Over 17 years.**

**Tami: 989-743-9223**

**www.tendercarehomehealthcare.org**

- Personal Care
- Homemaking Services
- Respite
- Companion Aide
- Medication Management
- Transportation
- 24 Hour Care



**1501 E. Main St.  
 Owosso, MI  
 East Shopping Center  
**989-725-9999****

**FREE 16" Ham or Turkey Grinder or 12" One Item Pizza** with Purchase of a 16" Pizza with 2 or more items at regular price  
 Valid with coupon only. Not valid with any other offers. Expires 1/15/18.

**\$17.99 Grinder Meal Deal For Two**  
 Two 8-inch Grinders your choice, 1 order garlic cheese bread, 2 medium drinks & 2 cookies  
 Valid with coupon only. Not valid with any other offers. Expires 1/15/18.



**Come See the 2018 Traverse**

**Over 1,000 New Chevrolets In Stock**  
 Mid-Michigan's #1 Chevy Dealer



**2018 Traverse**

1-800-678-9561 - 632 American Rd., Lansing  
**www.shaheenchevrolet.com**



**Jeff Cords Sales Manager**  
 jeffcords@shaheenchevrolet.com