



**WARMINSTER  
PROGRAM BROCHURE**



Warminster Zumba in Action!

**READY, SET,  
LET'S GO!**

Enjoy Warm Water Adult Aquatics Classes!

**SPRING I | FEB 27-APR 23  
SPRING II | APR 24-JUN 18**

**CENTRAL BUCKS FAMILY YMCA**

# A LETTER FROM OUR CEO



^Warminster Yoga

Dear Friends,

This is the time of year when love is in the air. Hearts dominate the decor in honor of Valentine's Day, greeting cards are carefully selected for our loved ones, and our preschool children are hard at work making the ones that forever will be saved. With all this love, I was recently reminded of the love we all have for the Y as I listened to the **heartfelt stories** of three fellow members from our branches across Bucks County.

The first story was from Mary, a single mother and proud recipient of our financial assistance program. She loves the **opportunities and safe environment our Y provides for her five children**.

The second was from Brandon, an active participant in our Y wellness programs and our dances for special needs adults. He loves the opportunity to socialize and lift weights. Even more touching was his father who loves the Y for **providing his son with a place where he can feel welcome**.

And finally was a story from Julie, an adult recovering from cancer treatment who loves our THRIVE program for helping her **regain her strength, confidence, and a sense of belonging**.

So I encourage you to find your love at the Y. Perhaps it's a love of health, a love of spending time with friends and family, a love of challenging yourself to achieve a new goal, or a love of simply helping others. Whatever it is, please email me your story. If you're not quite sure, then tell me anyway and perhaps I can help you find your love of the Y.

For me, I love that all of you, our members, make up such a vibrant part of our community and entrust us with your children and personal goals.

I look forward to hearing your stories. See you at the Y,

Zane Moore, President/CEO  
zmoore@cbfymca.org



^Warminster Spin

## HOURS

MON-THUR 5:30 AM-10 PM

FRI 5:30 AM-9 PM

SAT & SUN 7 AM-6 PM

## UPCOMING SESSIONS

SUMMER | JUN 19-SEPT 4

FALL I | SEPT 5-OCT 29

## CLOSURES

EASTER SUNDAY, APR 16

MEMORIAL DAY, MAY 29

Central Bucks Family YMCA is a charitable non-profit organization whose purpose is to improve the quality of community life.



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# SOCIALIZE, STRENGTHEN AND GROW WITH US!

Newly opened and ready to serve as you begin or continue your wellness journey!

- Over 100 pieces of equipment including treadmills, ellipticals, rowers, weight equipment and more
- Over 40+ group exercise classes weekly including Zumba®, spinning, yoga & POUND®
- Warm water exercise classes
- Stay & Play included with family and youth memberships
- Personal training available
- Financial Assistance available



# JOIN JUST FOR SUMMER

JUNE 12-SEPT 10

YOUTH	\$45
TEEN/YOUNG ADULT	\$60/\$80
ACTIVE OLDER ADULT	\$100
ADULT	\$125
FAMILY	\$215

Pay in full for 3 months.  
Come join us. No sunblock needed!





# MEMBERSHIP

## PRICING

There's a membership for everyone at the Y. Register in-person or over the phone. Contact Caitlin Fell for details at 267.387.9622 x2004 or cfell@cbfymca.org.

MEMBERSHIP TYPE	MONTHLY DRAFT	JOIN FEE	GROUP EXERCISE CLASSES INCLUDED	CHILD WATCH INCLUDED
2 Adults & Dependents	\$75	\$75	Yes	Yes
1 Adult & Dependents	\$64	\$75	Yes	Yes
Adult (28-64)	\$39	\$50	Yes	
Active Older Adult (65+)	\$30	\$50	Yes	
Young Adult (19-27)	\$25	\$20	Yes	
Teen (13-18)	\$19	\$20	Yes	
Youth (0-12)	\$15	\$20		Yes

## GUEST FEES AND SAFETY REQUIREMENTS

All guests must present a valid photo ID upon entering the facility, must complete a waiver and have a photo taken. Guests ages 11 and under must be accompanied by an adult.

## GUEST FEES

**GUEST FEE** | \$6 with member, \$8 without  
**5 VISITS GUEST PASS 12+** | \$30

## MEMBER JOURNEY

Every three months, members are entitled to JOURNEY, an approach to wellness that involves personal fitness assessments, equipment training and lots of support. Choose any or all of these options every three months:

### GOAL SETTING CONVERSATION

Meet with a Y Staff Member in your area of interest. Share your health and fitness goals and get direction and support to help achieve them.

### ORIENTATION

Meet with a Y Staff Member to gain comfort and familiarity within the area of your interest. Includes up to two, 30-60 minute appointments.

### FITNESS EVALUATION

Meet with a Personal Trainer to determine starting point or progress check-up for cardiovascular fitness, strength, and endurance. Compliments every form of exercise training. Teen evaluation available.

### NEW MEMBER CHALLENGE

Visit the Y 20 times in 60 days and receive \$10 in Y Bucks and a t-shirt. Register for one, two or all three of the Journey options at the Welcome Center--you must complete one of the Journey options to complete the New Member Challenge.

## STAY & PLAY

We provide babysitting services included with the 2-adult & dependent, 1-adult & dependent and youth memberships.  
**90 Minutes, Non-Member** | \$5 per child  
**Late Pick-up** | \$5

<b>Monday-Sunday</b>	8:45 AM-NOON
<b>Monday-Thursday</b>	4:30 PM-8 PM

Ages 3 mo-12 yrs up to two hours per day.

**QUESTIONS?** Contact Caitlin Fell at 267.387.9622 x2004 or cfell@cbfymca.org.

## FINANCIAL ASSISTANCE

We believe that the Y is for everyone and we offer financial assistance to those who may need a temporary helping hand.

**APPLICATIONS** can be found online or at our Welcome Center. Allow at least 3 weeks for processing and to receive a letter by mail notifying you of your qualifying status. Details available at cbfymca.org/fa.

**QUESTIONS?** Contact Catherine Refice at crefice@cbfymca.org or 215.348.8131x1139.

# MAKING NEW FRIENDS AND NEW GOALS TOGETHER



## JUST DROP IN ON A FIRST-COME, FIRST SERVED BASIS.

Exercising with a group is a great way to stay fit or begin your fitness journey. With over 40 classes per week we offer:

- Modifications for every fitness level
- Highly-trained, qualified instructors
- Supportive and motivating communities of families, adults, teens, and older adults

For the most current schedule and class descriptions look online or pick up a printed schedule and descriptions at the Welcome Center.

SPRING 1 FEB 27-APR 23 | SPRING 2 APR 24-JUN 18

**TRY ONE, TRY THEM ALL!**

20x3  
Barre  
Gentle Yoga  
Interval Training  
Pop Pilates  
Pound  
Power Fitness Walk  
Power Yoga  
Spinning  
Strength & Balance  
Strength & Cardio  
Blast  
Stretch & Balance  
Tai Chi  
Vinyasa Yoga  
Walking Club  
Yoga  
Yoga Pilates Fusion  
Zumba  
Zumba Gold

# GROUP CLASS DESCRIPTIONS 12+

**20X3** | Join us for the perfect workout! 20 minutes of heart pumping cardio, 20 minutes of muscle toning strength training, 20 minutes of core and stretching.

**BARRE** | Set to a blend of fun, energetic contemporary and classical music, an upper body workout with light weights, a sculpting abs portion, and a combination of high-intensity sequences of thigh, seat and core exercises at the barre.

**INTERVAL TRAINING/HIIT** | Int-Adv | Improve your cardio fitness and strength with this total body workout. High intensity interval training (HIIT) boosts metabolism and burns calories. Modifications offered to accommodate all levels.

**POP PILATES®** | Get that perfect pilates body with an interval pop of cardio. This new twist on fitness brings together great music interspersed with a great sequence of pilates moves—all for a great YOU! All levels welcome!

**POUND®** | Fuses full-body cardio interval training and conditioning with drumming to provide a challenging, heart-pumping workout that gives you the permission to rock using lightly weighted exercise drumsticks, Ripstix.

**POWER FITNESS WALK** | All levels | Not your Momma's walking club! This outdoor class kicks it up with high knee lifts, butt kicks, speed interval and strength training. Options provided for all fitness levels. Class takes place at the Warminster Community Park. Meet outside the WREC building.

**SIT & BE FIT** Improve muscle strength, cardio fitness, bone density and balance. For older adults or those new to exercise. Most exercises are done seated.

**SPINNING** | Beg-Adv | Our instructors will take you on journeys that include endurance rides, hills, climbs and intervals all while jamming out to their favorite music. All levels welcome.

**STRENGTH & BALANCE** | Increase balance and flexibility with the use of free weights, bands, balls and other fitness equipment.

**STRENGTH & CARDIO BLAST** | Improve your strength and cardio fitness with this total body workout. Boost your metabolism and burn calories while having a blast!

**STRETCH & BALANCE** | Exercises to improve balance and coordination while building core and leg strength. A class for everyone!

**TAI CHI CHUAN** | Beg-Adv | Traditional Yang Style Strengthen muscles, regulate blood circulation, stimulate spirit, and refresh your body.

**WALKING CLUB** | Beg-Int | Walk with a purpose which includes cardiovascular and muscle endurance, muscular strength and flexibility. Class takes place at the Warminster Community Park. Meet outside the WREC building.

**ZUMBA®** | Dance fitness to Latin music. Includes salsa, merengue, cumbia and reggaeton. Calorie-burning, heart racing, muscle pumping movements that tone and sculpt.

**ZUMBA® GOLD** | Modifies the moves and pacing of regular Zumba to suit the needs of the active older participant and those just starting a fit and healthy lifestyle.

## YOGA

**GENTLE YOGA** | Beg-Adv | All levels | Designed for those new to Yoga or returning after injuries. Movements and postures at a slower pace and with more modifications.

**POWER YOGA** | Expand your yoga practice and open up in this powerful flow! In this energizing class we will cleanse the body and calm the mind while linking breath to movement. Prepare for an empowering and vigorous practice that will help tone the body, build flexibility, increase balance, and deepen mindfulness.

**VINYASA YOGA** | Int-Adv | Synchronize the breath with a progressive series of postures - produces internal heat and a purifying sweat that detoxifies. Improves circulation, flexibility, strength, and a calm mind.

**YOGA** | Beg-Adv | Fosters body awareness and dynamic balance while improving joint stability, core strength and flexibility.

**YOGA PILATES FUSION** | A flowing mind/body practice integrating yoga and pilates to increase strength, flexibility, and balance while reducing stress and improving endurance. All levels.

**Non-Member Drop-In:** \$8 per class  
**Class Pass:** 5 classes for \$30

**QUESTIONS?** Contact Valerie Tanner at 267.387.9622 x1140 or vtanner@cbfymca.org.

## AQUA GROUP EXERCISE CLASSES

AGES 16+ | CLASSES: 8 WEEK SESSION



### AQUA GROUP EXERCISE

Held at: Kids First Swim School  
626 York Rd, Warminster, PA  
(Next to Warminster Y)

#### ARTHRITIS

**MON 9:10-10:00 AM | Diane**

Endorsed by the Arthritis Foundation. For all ages with Arthritis, Fibromyalgia and other rheumatic related conditions. The Arthritis Foundation and Y promote physical activity to reduce pain and disability while increasing strength, mobility and flexibility. Experienced and certified instructors.

#### AQUA STRENGTH & BALANCE

**MON 10:10-11:00 AM | Melinda**

This class is designed to help you develop core strength and flexibility with the low impact benefits of water. The class utilizes shallow rebound work, stretches, and strength work to create a challenging workout program based in the Pilates Method. Excellent for participants with joint and back issues, and those who want to improve posture and core.

#### GENTLE AQUA DANCE

**MON 11:10 AM-12:00 PM | Mariia**

Aqua Dance embraces the rhythms and movements of a variety of upbeat styles creating endless possibilities for fun and energizing workouts!

### AQUA GROUP CLASS PRICING

(prorated for Memorial Day)

- **1 CLASS PER WEEK** Member \$56 Non-Member \$84
- **DROP-IN** Member \$9 Non-Member \$13
- **DROP-IN UNLIMITED MORNING** Member \$14 Non-Member \$20
- **UNLIMITED MONDAY CLASSES** Member \$84 Non-Member \$109

**Aquatics group exercise classes are in warm water at 90°F.**

Classes may be closed due to low enrollment.

**QUESTIONS?** Contact Valerie Tanner at 267.387.9622 x1140 or vtanner@cbfymca.org.

# SMALL GROUP & PERSONAL TRAINING

## NEW LOW PRICING IS HERE TO STAY!

You can purchase small group training sessions, with the flexibility to sign up for classes as you go! Try new classes, switch up your workout routine. Work with a personal trainer in a small group setting.

### SMALL GROUP PACKAGES

4 Sessions: Member **\$36** Non-Member **\$49**  
 8 Sessions: Member **\$69** Non-Member **\$94**  
 12 Sessions: Member **\$99** Non-Member **\$134**

MYZONE BELT 16+ | \$68  
 NEW BELT WITH PT PROMO 16+ | \$50

### WOMEN'S WEIGHT TRAINING

MON 9-9:55 AM | Mariia  
 MON 7-7:55 PM | Diane  
 The foundation of this class is a weight-training program, using machines, free weights and resistance equipment.

### KETTLEBELL

FRI 9:45-10:35AM | Megan  
 SAT 8-8:55 AM | Tom  
 Burn calories at a fast rate with this energizing fun workout. Targets all muscle groups delivering a fantastic full body workout.

### TRX

TUES 9-9:55 AM | Diane  
 WED 10-10:55 AM, 5:15-6:10 PM | Diane  
 THUR 5-5:55 PM | Diane  
 Intensive full body strength training workout using body weight. Get strong, increase metabolism and burn calories!



### MEN'S WEIGHT TRAINING

THURS 7:30-8:25 PM | Paul  
 The foundation of this class is a weight-training program, using machines, free weights and resistance equipment.

### STRENGTH CONDITIONING

THUR 6:30 PM-7:25 PM | Kevin  
 Focus on building strength, increasing metabolism and burning fat. Workouts vary class to class – always something new. All levels welcome.

### Register online or at the Welcome Center

**QUESTIONS?** Contact Valerie Tanner at 267.387.9622 x1140 or vtanner@cbfymca.org

**Private Training:** 1 person (member)\*

Minutes	3 Sessions	5 Sessions	10 Sessions
30	\$75	\$113	\$213
45	\$112	\$168	\$319
60	\$149	\$225	\$425

**Private Training:**  
 1 person (non-member)

Minutes	3 Sessions	5 Sessions	10 Sessions
30	\$101	\$153	\$288
45	\$151	\$227	\$431
60	\$201	\$304	\$574

**Group Style Private Training:**  
 2 person (members)\*

Minutes	3 Sessions	5 Sessions	10 Sessions
30	n/a	\$93	\$175
45	\$95	\$143	\$271
60	\$127	\$191	\$361

\*Non-member pricing available

**2 SPECIALS, NEW LOW PRICE!**

- (3) 30-Minute Training Sessions  
 Members **\$71** Non-Members **\$96**
- (6) 30-Minute Training Sessions  
 Members **\$119** Non-Members **\$161**

Available to new personal training clients and members. One-on-one and semi private training available. Limit 1 per member.



# ADULT & FAMILY PROGRAMS

## MARTIAL ARTS

**DRAGON WARRIORZ** | Ages 4 - 7  
MON\* OR WED 6-6:30 PM

Basic Shotokan techniques mixed with interactive games and exercises to develop self-esteem and confidence. Positive experience offering skills and tasks that can be accomplished with practice. Learn respect, humility, focus and discipline. **One Class per Week:** Member \$75 Non-Member \$110  
**\*MON** (Prorated due to holiday)  
Member: \$66 Non-Member: \$96

**FAMILY KARATE** | 8yrs-Adult | All Levels  
MON\* OR WED 6:45 - 7:45 PM | JKA Style  
Shotokan Karate includes membership to the AJKA-I. Learn the traditional art of self-defense and enjoy the benefits of increased flexibility, balance, strength and character development.  
**One Class per Week:** Member \$100 Non-Member \$165  
**Two Classes per Week:** Member \$115 Non-Member \$190  
**\*MON** (Prorated due to holiday)  
Member: \$88 Non-Member: \$144

**MARTIAL ARTS QUESTIONS?** Contact Jennefer Pursell at [jpursell@cbfymca.org](mailto:jpursell@cbfymca.org)



## THANK YOU CORPORATE SPONSORS

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Annual Campaign Sponsor

## PARENTS' NIGHT OUT

SPRING 1 | FRI 4/7  
SPRING 2 | FRI 5/5, 5/19, 6/9  
5:30-9 PM | Ages 3mo-12yrs

Includes craft (for children over 3 years), dinner, snack and movie. Parents are welcome to bring children in PJs. Must present receipt from Welcome Center or online registration.

1 CHILD: Member \$20 Non-Member \$25  
2 CHILDREN: Member \$30 Non-Member \$38  
3 CHILDREN: Member \$38 Non-Member \$47

# YOUTH PROGRAMS

## DANCE

**DANCE WITH ME** | Ages 1-3 | SPRING 1&2 THUR 9:30-10:10 AM | Dance with me helps the youngest of dancers develop motor skills and build confidence through dance.

**INTRODUCTION TO DANCE** | SPRING 2 Ages 6-9: SAT 12-12:45 PM | Ages 10-13: SAT 1-1:45 PM | In this class, we will spend each week focused on a different style of dance. Ballet, jazz, modern are just some of the styles we will learn!

**PRE-BALLET/TAP** | Ages 3-5 | SPRING 1&2 THUR 10:15-10:55 AM | This class introduces young dancers to ballet and tap. Students will learn the basic technique of both styles through this structured class experience.

**PRINCESS BALLET** | Ages 3-5 | SPRING 1&2 THUR 4:40-5:20 PM | A young dancer's introduction to ballet technique while using music and props to bring out their inner princess.

## ARTS & HUMANITIES

**STORY BOOK CRAFTS** | Ages 3-7 WED 4:15-4:55 PM, SAT 12-12:40 PM Join us as we read a new story each week and make a craft based off the book we read together!

**INTRODUCTION TO DRAWING** | Ages 7-12 SAT 1-1:45 PM | Learn how to apply the basic elements of art and drawing exercises to turn your worked into a finished piece.

**SAFE SITTER** | Ages 11-14 | WED 5-5:55 PM Learn essential babysitting skills in our session-based class for youth in grades 6-8. Curriculum includes safety skills, child care skills, first aid & rescue skills and life & business skills.

## SPORTS & ACTIVITY

HELD AT WARMINSTER COMMUNITY PARK

**KINDER SPORTS** | Ages 5-6 | SPRING 1&2 WED 10-10:40 AM | A sports class for Kindergarteners focused on learning fun games!

**PEE WEE SPORTS** | Ages 3-4 | SPRING 1&2 WED 10:45-11:25 PM | 3 and 4 year olds will play different games and activities in this high paced fun experience.

**YOUNG STRIDERS TRACK & FIELD CLUB** Ages 5-12 | SPRING 2 | SAT 11 AM-12 PM Get moving and learn the different aspects of track and field.

**BASKETBALL SKILLS & DRILLS** | Ages 7-9 SPRING 2 | WED 5-5:40 PM | Everything you need to know about basketball.

**MINI T'S T-BALL** | Ages 3-4 | SPRING 2 SAT 10-10:40 AM | 3-4 year old T-Ball program. 1/2 skills and 1/2 game.

**SOCCER** | Ages 5-8, TUES 5-5:40 PM  
Ages 9-12, TUES 5:45-6:25 PM  
Develop skills and teamwork. Game play included.

**YOUTH PROGRAM PRICING**  
Members \$55 Non-Members \$83



## SWIM LESSONS RETURN SOON!

Swim lessons will be returning in the Spring at Log College Middle School. Contact Ashley at [acoticchio@cbfymca.org](mailto:acoticchio@cbfymca.org) for information.

## SUMMER ACCELERATED SWIM LESSONS AT THE VE CLUB

MON-THUR | JUNE 6-AUGUST 10  
Group swim lessons for ages 3-5 and 6-12.  
Lessons offered at: 9-9:40 AM  
9:45-10:25 AM  
10:30-11:10 AM

Contact Ashley at [acoticchio@cbfymca.org](mailto:acoticchio@cbfymca.org) for information.

## MARK YOUR CALENDARS!

**HEALTHY KIDS DAY**  
APR 29 10 AM-1 PM  
Doylestown Location



## CLASSES INCLUDED WITH MEMBERSHIP

**BUTTERFLY DANCE** | Ages 3-5 | SPRING 1&2 SAT 9:30-10 AM | A beginning dance class that explores different movement transformations.

**KIDS MOVE** | Ages 6+ | SPRING 1&2 TUES 4:30-5 PM | Keeping kids active while playing games and learning dances.

**ALL SORTS OF SPORTS** | Ages 6+ SPRING 1&2 | MON 5-5:40 PM | Play a new sport each week.

**STORY BOOK GAMES** | Ages 3-6 SPRING 1&2 | TUES 4-4:30 PM | Read a story and play games based on what we've read.

**KIDS YOGA** | Ages 6+ | SPRING 1&2 | TUES 5:15-5:55 PM | Yoga class, just for kids!

## YOUTH PROGRAM QUESTIONS?

Contact Caitlin Fell at 267.387.9622 x2004 and [cfell@cbfymca.org](mailto:cfell@cbfymca.org).

2017  
SUMMER CAMP

**BEST  
SUMMER  
EVER**



REGISTRATION OPEN!  
**NEW!** Paperless Registration  
Speciality Camps including  
Photography, Jewelry Making and Girls on the Move

Held at Log College & Willow Dale Schools  
QUESTIONS? Contact Melissa Lollar at [mlollar@cbfymca.org](mailto:mlollar@cbfymca.org) or at 215.348.8131 x1117

**7TH  
GRADE INITIATIVE**

The Warminster YMCA is pleased to offer 7th grade students free memberships to support and encourage youth to live healthy lifestyles and make responsible choices. Students in 7th grade for the 2016-2017 school year can register until May 31, 2017.



Spring 1 FEB 27-APR 23 | SPRING 2 APR 24-JUN 18

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
DOYLESTOWN, PA  
18901  
PERMIT NO. 267



## CENTRAL BUCKS FAMILY YMCA WARMINSTER

### WARMINSTER PLAZA SHOPPING CENTER

624 York Road  
Warminster, PA 18974  
267.387.9622  
[cbfymca.org/warminster](http://cbfymca.org/warminster)

## CHECK OUT OUR SUMMER CAMPS!

Junior, Adventure, Ability,  
Sports, Teen, & Speciality  
Camps Available.

Sign up your campers online  
or at our Welcome Center today!  
Page 11 for details.

