

SMALL GROUP FITNESS PROGRAMS

The Sherwood YMCA has developed several camps to meet the needs of its diverse population. Camps are considered small group personal training. Sign up for these fee-based camps at the Welcome Center. For more information about fitness programs contact Katie Grimes at 503.862.4018 or Kgrimes@ymcacw.org

AQUA CAMP

Workout in the pool and get a cardio workout in the water with less impact on the joints. The resistance of the water provides muscle strength and endurance training. Exercise in the water enhances flexibility, core strength and balance.

TRADITIONAL & INTERVAL

All sessions offer challenging and dynamic total body workouts. Cardio and strength conditioning are achieved using a variety of free weights, machines, and traditional boot camp drills. Sessions may be held indoors and outdoors, weather dependent. While all fitness levels are encouraged to participate, members should be free of physical limitations, which could prevent them from running/fast walking, jumping and lunging. Four to six participants per group. Beginner to Advanced.

PERSONAL TRAINING

Achieve your fitness goals with a certified Personal Trainer. Whether you have weight to lose, want help getting your program started, need to invigorate your current program, prepare for a sport event, or need motivation, our trainers can help design a safe, effective program that will meet your specific goals. Give the gift of fitness! Gift certificates for Personal Training and camps are available at the Welcome Center. Age: 12+ Fees: Contact Katie Grimes for current fees at kgrimes@ymcacw.org

RUNNING

The Sherwood YMCA offers Running Camps:
Couch-to-5K
5K and Beyond

STRENGTH TRAINING

Strength training for men and women will focus on building strength and definition.

BUILD YOUR OWN FITNESS CAMP

- Gather four YMCA Members
- Request a Trainer (List available at Welcome Center)
- Request a time/day schedule
- Tell us what kind of training you are interested in



ANNUAL CAMPAIGN

Strengthening Sherwood is a full time job. Every day our community faces new challenges that create a greater need for the work we do. And we need your help to do it. It is only through the support of volunteers and donors like you that we are able to help Sherwood learn, grow and thrive. Join our Annual Campaign as a volunteer and become an integral part of bringing out the best in Sherwood. Contact Melody Danner at mdanner@ymcacw.org or 503.862.4011 for more information.

Teen Center

Students who are left home alone after school are at higher risk for dropping out, engaging in illegal activities and becoming overweight. The Teen Center provides a supervised environment where students are active, engaged in positive relationships and can seek academic help.

Y-Special Needs Activities Program

For adults with special needs it can be a challenge to find a community geared toward their needs. We overcome that challenge with a focus on fitness, friendship and fun.

Financial Assistance

Financial ability is not a barrier at the Y. Whether it's diabetes prevention, water safety instruction, or training for that 5K, your gift allows people of all walks of life to meet their goals.

SOCIAL RESPONSIBILITY

Knitting & Crochet Club

Enjoy the friendly environment of the YMCA to work on your projects. Meet other adults who have your same interests, share your expertise, or learn new skills. You can focus on your own personal projects as well as community based service projects. **Schedule:** Wednesday 11 AM–noon in the conference room.

Cedar Milers

Love to walk? Join us for our monthly events. For information, please contact Dan Webster at 371.971.7921 or 2008cedarmilers@gmail.com

Community Days

Be watching on Facebook for some special outings like snowshoeing, inner tubing, or hiking.

Robin Hood Garden Club

Enjoy gardening? Come check us out.

Schedule: second Friday of month in the morning, no YMCA membership required. **Fee:** \$15/year. More info? Email robinhoodclub@gmail.com

Sherwood Town Criers Toastmasters

Everyone is welcome. For more information contact Janet Cerasin at 971.832.0585 or janetcerasin@nostalgiasounds.com **Fee:** Free for guests **Schedule:** Wednesday, 7 PM–8 PM

HOURS OF OPERATION

HOURS OF OPERATION FACILITY HOURS

Monday–Thursday, 5 AM–10 PM
Friday, 5 AM–9 PM
Saturday, 6 AM–7 PM
Sunday, 8 AM–6 PM

CHILD WATCH HOURS

Monday–Friday, 8 AM–1 PM, 4–8 PM
Saturday, 8 AM–2 PM
Sunday, closed

HOLIDAY HOURS

Thanksgiving Day: Nov. 23, 7 AM–1 PM
Christmas Eve: Dec. 24, 7 AM–1 PM
Christmas Day: Dec. 25, closed
New Year's Eve: Dec. 31, 7 AM–1 PM
New Year's Day: Jan. 1, 9 AM–3 PM
President's Day: Feb. 19, regular hours
Easter: Apr. 1, closed
Memorial Day: May 28, 7 AM–1 PM
Programs are not scheduled during holidays, except those with regular hours. Special Group Exercise classes may be offered.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

HEALTHY LIVING PROGRAM GUIDE



SHERWOOD REGIONAL FAMILY YMCA

SESSION 5: SEPT. 11–OCT. 29, 2017 REGISTRATION: SEPT. 1, 2017

SESSION 6: OCT. 30–DEC. 17, 2017 REGISTRATION: OCT. 21, 2017

SESSION 1: JAN. 8–FEB. 25, 2018 REGISTRATION: DEC. 9, 2017


SESSION 2: FEB. 26–APR. 22, 2018 REGISTRATION: FEB. 17, 2018

*NO CLASSES DURING SPRING BREAK

SESSION 3: APR. 23–JUNE 10, 2018 REGISTRATION: APR. 28, 2018

GROUP EXERCISE

The Y offers a full menu of free classes for all ages, fitness levels and interests. All Group Exercise classes are free to members. Please see the Welcome Center for current group exercise classes. The schedule can also be found online at www.ymcacw.org **Age:** 14 and up. **Fee:** Free for Facility Members, Program Participants pay drop in fee.

CARDIO AND STRENGTH	CYCLE	MIND BODY
Step UJAM® REFIT® 503 Cardio Groove Circuit Muscle Conditioning Y Barre Totally Toned Total Body Conditioning Power Up Line Dancing Ballet Barre Tabata Circuit Dance Fitness Bolly X Lit Body Blitz Zumba Gold Boom Muscle	Tabata Cycle Cycling Cycle/Core 	Yoga Vinyasa Yoga Hatha Yoga Pilates Nia® PiYo Gentle Yoga Boom Mind Yoga Fusion
	<p>WATER FITNESS All our water fitness classes are free to members and follow the same session dates as all programs.</p> <p>WATER EXERCISE Poolates Power Music SilverSneakers® Splash Water Workout Deep H2O Exercise Aquafit Move-n-Groove Pre/Post Natal H2O Aqua Zumba</p>	

ADULT SPORTS:

Pick-up Basketball: Mondays/Wednesdays: 7:45 PM–9:45PM

Pick-up Volleyball: Thursdays: 8:30 PM–9:45 PM

Pickleball: A fun paddle sport that is a cross between ping-pong and tennis. It can be played at a very low, slow level and at a very high competitive level. But the point is, it's fun! Pickleball is a great way to exercise and spend time with family and friends. **Age:** Open to all **Fee:** Free to Facility Members; \$5 drop-in fee for Non-Members **Schedule:** To be determined

SPECIALTY WELLNESS PROGRAMS

8 WEEKS TO WELLNESS

This program helps people make positive lifestyle changes. At each weekly meeting participants are introduced to a different aspect of health. **Fee:** Free with membership; \$35 Program Participants *\$10 book is available at the first class.

Schedule: This program runs fall, winter, and spring.

Wellness Center

This 8 week step-by-step exercise program is designed for new or returning exercisers. It offers guidance, motivation, and structure to help participants start and maintain a fitness program. **Age:** 14+, 12–13 year olds may participate with an adult. **Fee:** Free to members. To learn more stop by the Welcome Center and sign up for an orientation.

YMCA Diabetes Prevention Program

Reduce the risk of developing type 2 diabetes by redefining and maintaining healthier living practices. Supported by research from the Centers for Disease Control and Prevention (CDC), this year-long program offers healthy living topic discussions in a classroom setting and focuses on putting real-life choices into action for gradual, lasting changes. For more information contact Maria Pfeifer at 503.862.4031 or email prevention@ymcacw.org. Change is hard. We can help.

CPR/AED/First Aid Training

Be the one who makes a difference by becoming certified through this American Red Cross class. Please bring a sack lunch. **Age:** 14–adult **Fee:** \$75 Facility Members, \$85 Program Participants. **Schedule:** Monday, Oct. 9, 9 AM–2 PM. Watch for 2018 dates to be announced!

YSnaps

This program creates an offering for the people in our lives with special needs. There are a variety of activities with an emphasis on exercise and socialization. The majority of the participants are adults. **Age:** 14+ **Fee:** \$20 Facility Members, \$30 Program Participants **Schedule:** Tuesday & Thursday, 4:30 PM–5:30 PM

Movement For Better Balance

This evidence based fall prevention program for older adults is a therapeutic set of continuous, rhythmic and functional Tai Chi based action. Registration for 12 weeks is required and must be able to attend 75% of the time. Open to seniors or adults with balance concerns. **Fee:** \$25 facility members, \$36 Program Participants Space is limited to 12 participants. **Schedule:** Tuesday, Thursday 1 PM–1:45 PM, Fall Session: Sept. 19–Dec. 14, 2017 (No class week of Thanksgiving) Winter Session: Jan. 2–Mar. 22, 2018. Spring Session: Apr. 3–June 21, 2018



ACTIVE OLDER ADULTS/AGELESS LIVING

AARP

A supplement membership option plan for holders of AARP® Medicare Supplement Plan.

WELLNESS OPPORTUNITIES

- Gentle Yoga
Hatha Yoga
P.B.S. (Pilates, Balance, Stability)
Pickleball
Nia® Movement to Heal
Tai Chi *
SilverSneakers® Program
- Classic
 - Circuit
 - CardioFit
 - Splash
 - Yoga
 - BOOM – Mind, Muscle, Move It
- Silver&Fit® endorsed formats
- Experience
 - Zumba Gold
 - Movement For Better Balance*
 - BollyX LIT
 - Matter of Balance*

*Additional Cost

Tai Chi

This gentle, physical exercise is excellent for joint mobility, balance and focus. In this session you will learn Yang style Tai Chi, working on the traditional 8 & 24 forms. Students will work on individual forms and also gain an understanding of the martial arts application of each form. Wednesday 1 PM–2 PM. **Fee:** \$25 members, \$36 Program Participants. Space is limited to 12 participants. **Schedule:** Fall Session: Sept. 20–Dec. 15, 2017 (No class week of Thanksgiving) Winter Session: Jan. 3–Mar. 23, 2018. Spring Session: Apr. 4–June 22, 2018

SOCIAL AND VOLUNTEERING

Make new friends at the Y with our bi-monthly luncheons, special social events and volunteer opportunities. Check out our social activities or if you have a special interest, talk to the AOA Coordinator (Caz Thomson at 503.862.4021) about starting a social group of your own.



SilverSneakers® Fitness, provided by many Medicare health plans at no extra cost, is designed for all fitness levels and abilities. SilverSneakers includes a fitness membership with access to equipment, group exercise classes and social activities at 13,000+ locations nationwide. If your health plan offers SilverSneakers, all you need to get started is your personal SilverSneakers ID number, available at silversneakers.com. SilverSneakers classes include Classic, Circuit, CardioFit, Yoga and Splash.

BOOM® MUSCLE

Muscle incorporates athletic based moves that improve upper body conditioning. Muscle conditioning blocks at all different levels are used to offer many different levels and varieties to choose from. The focus of this class is on toning muscles and building overall body strength.

BOOM® MIND

Mind is a unique class as it takes the best from Yoga and Pilates and combines it into one fusion class. Designed to relax the body and mind with peaceful music and rhythmic body movements. The focus of this class is on core, lower body strength and balance.



Silver&Fit Experience is designed for older adults looking for a moderate-level, well-balanced exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance. All exercises are performed in a standing position with the option of using a chair for light support. This class will help you take on daily tasks with more ease and keep up with your grandkids.

A Matter of Balance

A Matter of Balance is an eight week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. This is an evidenced based program. Open to seniors or people with balance issues. For more information contact Caz Thomson at 503.862.4021 or cthomson@ymcacw.org.

Fee: \$25 facility members, \$36 Program Participants. **Fall Session:** Wednesday Oct. 4–Nov. 22, 2017, 12:30 PM–2:30 PM. **Winter Session:** Wednesday Jan. 31–Mar. 22, 2018 12:30 PM–2:30 PM.