

NMY Classes recommended for fall

I am willing to work with any athlete that would like to do more than just swim. I will write up individualized workouts and or practices at different times during the day in order to try and accommodate any swimmers.

I have made a weight lifting guide that anyone that is 12 and older can do. I have also written up a dry land set that anyone can participate in. Dry land and weight lifting are essential part of swimming and there is not enough time to do it as a team. Therefore to really go above and beyond you need to do some of this on your own. I am usually in the building and I usually will be around to help guide and assist you. I wrote up a list of classes and the times that are offered so that if you want you may come in on your own and do them. These are free classes to all YMCA members and they are come as you please there are no obligations. For a full list and schedule please visit

<http://www.midymca.net/adult%20programs/group%20fitness.htm>.

Monday –

5:00-5:30 Intro to Pilates

5:30-6:30 Yoga (leave 15 minutes early to make practice)

Tuesday-

5:15-5:45 30 Minute Sculpt

5:45-6:30 Cardio Kick (leave 15 minutes early for practice)

Thursday-

5:40-6:10 30 Minute Sculpt