## Personal Training Studio

**Time** 12:00pm-2:00pm  
**Class** Measurements  
**Trainers** Kathleen/ Dylan  

**Note:** Need help setting goals for 2012? Stop by the personal training studio, and one of our fitness professionals will assist you.

## Gymnasium

**Time** 12pm-2pm  
**Class** Bootcamp  
**Instructor** Gary

## Studio A

**Time** 12pm-1pm  
**Class** Turbo Kickboxing®, RIPPS®  
**Instructor** Cheri  

1pm-2pm  
**Class** Refomer Pilates  
**Instructor** Misty

## Studio B

**Time** 12pm-1pm  
**Class** Refomer Pilates  
**Instructor** Misty B  
1pm-2pm

## Studio C

**Time** 12pm-1pm  
**Class** Family Belly Dance  
**Instructor** Anna  
1pm-2pm  
**Class** Family Zumba®  
**Instructor** Sasha

## Spinning Studio

**Time** 12pm-1pm  
**Class** Spinning® Interval  
**Instructor** Lisa B  
1pm-2pm  
**Class** Spinning® Strength  
**Instructor** Cheri

## Women on Weights

<table>
<thead>
<tr>
<th>Start Date</th>
<th>End Date</th>
<th>Start Time</th>
<th>End Time</th>
<th>Barcode</th>
<th>Instructor</th>
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<td>5am</td>
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## YMCA Diabetes Prevention Program

The YMCA’s Diabetes Prevention Program get to the root of the diabetes epidemic by helping those at high risk of developing the disease make lifestyle changes. The program focuses on healthy eating, increased physical activity and maintain a healthy weight. Program available for members $175/non members $275. Begins Thursday, January 19, 2012 - **Barcode: 74318**

## MEND

The MEND program, underwritten by the Houston Endowment Fund, is a community, family-based program for 7-13 year olds who are above their ideal weight, and parents. The aim is to improve health behavior-not rapid weight loss. MEND empowers families to make smart food choices, set nutrition targets, understand healthy portion sizes and interpret food labels. MEND inspires families to stay healthy by applying goal setting, role modeling and problem solving. Participants will lose weight naturally and thereby build a foundation for healthy living-for LIFE! For more information email lindyp@ymcahouston.org

Days/Times: Wed 6:30pm-8:30pm and Sat 1pm-3pm.