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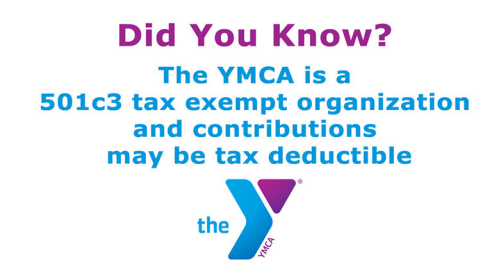
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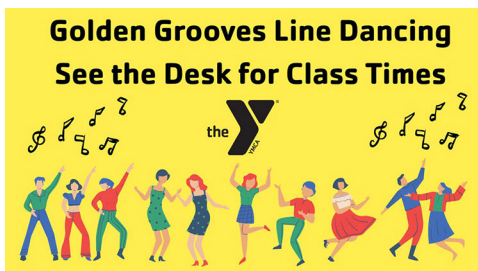
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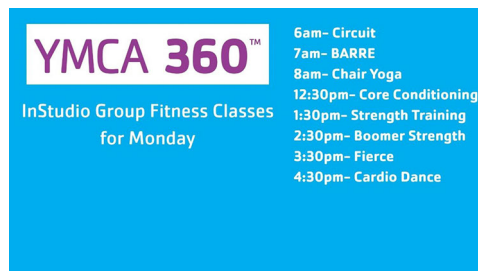
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YMCA 360™

InStudio Group Fitness Classes
for Wednesday

- 6am- Power Yoga
- 7am- Yoga Fusion
- 8am- Silver Stretch
- 12:30pm- Core Conditioning
- 1:30pm- Strength Training
- 2:30pm- Boomer Bootcamp
- 3:30pm- BARRE
- 4:30pm- Belly Dance
- 6:45pm- Intermediate Yoga
- 7:45pm- Latin Dance

10.jpg

YMCA 360™

InStudio Group Fitness Classes
for Thursdays

- 6am- HIIT
- 7am- Boomer Strength
- 8am- BARRE
- 9am- Circuit
- 10am- Gentle Yoga
- 11am- Mindfulness
- 12pm- Fierce
- 1pm- Body Blitz
- 2pm- Cardio Dance
- 3pm- Core Conditioning
- 4pm- BARRE
- 5pm- Latin Dance
- 6pm- Step
- 7pm- Yoga Fusion
- 8pm- Circuit

11.jpg

YMCA 360™

InStudio Group Fitness Classes
for Friday

- 6am- HIIT
- 7am- HIIT
- 8am- Mindfulness
- 12:30pm- Core Conditioning
- 1:30pm- Strength Training
- 2:30pm- Boomer Strength
- 3:30pm- Strength Training
- 4:30pm- Yoga Fusion
- 5:30pm- Cardio Dance
- 6:30pm- HIIT
- 7:30pm- Gentle Yoga

12.jpg

YMCA 360™

InStudio Group Fitness Classes
for Saturday

- 6am- Body Blitz
- 7am- Beginner Yoga
- 10:10am- Intermediate Yoga
- 11am- Dance Party
- 12pm- Muscle Pump
- 1pm- BARRE
- 2pm- Boomer Cardio
- 3pm- Mat Pilates
- 4pm- HIIT
- 5pm- Strength Training
- 6pm- Gentle Yoga
- 7pm- BARRE
- 8pm- HIIT

13.jpg

YMCA 360™

InStudio Group Fitness Classes
for Sunday

- 12pm- Body Blitz
- 1pm- Step
- 2pm- Power Yoga
- 3pm- Core Conditioning
- 4pm- HIIT

14.jpg

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15.jpg

THE STRENGTH LAB

SEE DESK FOR DETAILS

the Y YMCA

16.jpg

Check us out on our Website,
Facebook, Mobile App & YouTube

Schedules • Latest Information
Alerts • Specials

the Y YMCA

17.jpg

the Y YMCA

Mon, Wed and Fri
11:30 am - 12:15 pm
Group X Studio

TRX Silver
Lannie B., Instructor

18.jpg

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Private Swim Lessons

the Y

3 & 10 session packages available
Register at the Membership Service Desk.

20.jpg

• Located in the heart of Waverly for your convenience
• Comfortable rooms at affordable prices
• Polite and professional staff at your service
• Free guest access to YMCA (located across the street from the hotel)
• All the must-see attractions are close by
• Luxury amenities
• Perfect for short and long stays

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INN & SUITES

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BATTING CAGE

Now available to rent
1/2 hour and 1 Hour slots

the Y

22.jpg

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Summer Camp
NOW!
Best Summer Ever!

the Y

24.jpg

Force and Function
Instructor - Scott H

See Desk for Details

Located in the Multi-Purpose Room

the Y

25.jpg

YOUR DUES OPERATE OUR FACILITY...

YOUR GIFT WILL CHANGE LIVES

Support our Annual Campaign!

26.jpg

CHILD WATCH HOURS

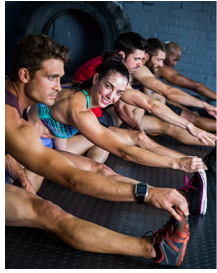
Monday-Friday
9:00-11:30 am

Monday-Thursday
5:00-8:00 pm

Saturday
9:00-11:30 am



27.jpg



Beast Mode Bootcamp

See the Front Desk for Details



28.jpg

A NEW **YMCA360 EXPERIENCE** IS HERE!

TAKE THE Y WHEREVER YOU GO!

App Store | Google Play

29.jpg

BUSY SCHEDULE?

TRY A TABATA WORKOUT

30 Minutes

See Desk for Details

30.jpg

Building Aquatic Leaders

Become a Lifeguard!

Apply Now

31.jpg

AQUA FUSION

Low Impact Water Workout

See Desk for Details

32.jpg

FOR YOUTH DEVELOPMENT™ FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

YOUTH IN MOTION

Next Class: May 12th
5:00 pm-6:30 pm

Pre-Registration ONLY by registering online or at the front desk for youth ages 10-15 (10-12 to certify using the wellness center with a parent/guardian, and 13-15 to certify using the wellness center without supervision). Spaces are limited to ensure individual attention. The registration fee is \$10.

33.jpg

THE GREENS GOLF COURSE

YOUTH SUMMER GOLF CAMP!

1 WEEK = \$10

REGISTRATION NOW-MAY 31

34.jpg

Pound Class

See Desk for Details

RELEASE YOUR INNER ROCKSTAR

Get ready to ROCK out to these beats... Rockout with Pro Jen

35.jpg

DOWNLOAD OUR NEW MOBILE APP!

DAXKO APP

1. SEARCH: "DAXKO"
2. DOWNLOAD DAXKO APP (NOT "DAXKO MOBILE")

Download on the App Store | GET IT ON Google Play

36.jpg

If you notice one of our monitors not working
or would like to see Your AD Here please.

Call Us
815-872-5040



37.jpg

RISE AND GRIND
the **Y-SPIN**

See Desk for
Detail



38.jpg

NEW
Little Free Library

Thank you to:



ALTRUSA International | Leading a Healthier Community
DISTRICT FIVE
CARNegie PUBLIC LIBRARY

39.jpg

SUMMER YOUTH TENNIS CAMP!

Open to the Public
ALL ATHLETES WELCOME!
BRING YOUR OWN RACKET!

REGISTRATION
MARCH 23RD - MAY 3RD

SEASON
TUES/WED/THUR
MAY 19-21
5PM - 6:30 PM

TENNIS COURTS LOCATED AT:
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WASHINGTON COURTHOUSE, OH 43160

Grades 3-8
\$20 PER CHILD

SCAN TO REGISTER



40.jpg


REGISTER HERE!

YMCA ROOKIE T-BALL

APRIL 20 - MAY 24

MON/WED
5:30PM - 6:30PM

3-5 YEARS OLD



41.jpg

YMCA360

We're excited to introduce Y360, our new virtual platform bringing the YMCA experience straight to you anytime, anywhere!

- Live & on-demand fitness classes for all ages
- Yoga, strength, cardio & youth programs
- Wellness resources, family-friendly activities like cooking & art
- Programs for every interest and fitness level

Whether you're at home, traveling, or just need flexibility, Y360 helps you stay active, connected, and healthy—on your schedule.

Available to YMCA members only—start exploring today!

See Member Services for Details



42.jpg

POOL NOW OPEN AT 4:30 PM

the **Y** Extended Pool Hours



43.jpg

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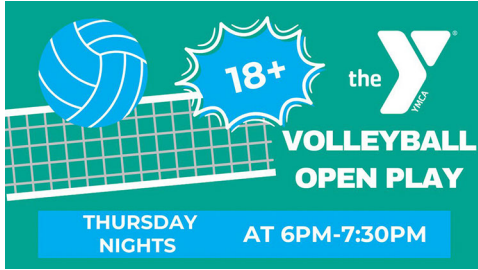
SECURITY CAMERAS AND ACCESS CONTROL
COMMERCIAL SERVICES
RESIDENTIAL SERVICES
INDUSTRIAL AUTOMATION

44.jpg

Happy Birthday
Celebrating all our May birthdays!



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WE ARE HIRING! the Y

CERTIFIED GROUP FITNESS INSTRUCTORS

Scan QR Code to download our application.

Email completed application, certifications, and resume to: jangles@faycoymca.org

Jaysa Angles, Health & Wellness Coordinator at: jangles@faycoymca.org

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56.jpg

Mindful Makers All Inclusive Class the Y

For ages 0-5 years

April 13, 20, 27
May 4, 11
Mondays 11a-12p

57.jpg

AGES 18 and under

JOIN THE TSUNAMI SWIM TEAM

Register 4/15!

58.jpg

S.E.A.T.
Supported Exercise For Ageless Training

the Y

NEW

59.jpg

Quality INN & SUITES

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- Premium Free WiFi
- Indoor Heated Pool
- Jacuzzi Room
- Free Hot Breakfast
- Vending Machines*
- Truck Parking
- Check in / out 3:00 PM / 11:00 AM

*May require an additional cost

60.jpg

LeBoone the Y amazon

Hi Fayette County Family YMCA Neighbors,
Help build a new playground with us!

Sign Up!
Scan the QR code to register as a volunteer!

61.jpg

CPR/ First Aid / AED

Register Now

Class Dates:
May 2nd June 6th
July 11th

the Y American Red Cross

62.jpg

the Y

Deep Sea Aerobics
See Member Services For Class Times

63.jpg



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