



COREPOLE

CorePole adds a new dimension to the workout programs you already have in place. CorePole exercises are easily integrated with other exercise methods such as Pilates, Yoga, cardio or strength training. CorePole is an ideal exercise alternative across age groups and ability levels, from youth, to adults, to older adults, to seasoned athletes, to those with handicaps and disabilities, and those in rehabilitation programs, regardless of anyone's level of fitness or athletic ability—CorePole has the versatility for any and all who try it.

Registration begins Saturday, October 24, 2009

Session - November 16—December 19, 2009 (4 weeks)

FEE: \$89 Saturday only! \$44.50

Class times & Days: 4-week session meeting twice per week except for the Saturday class. Class is limited to 9 participants. Facility Members only.

Classes are taught on third floor lobby.

NEW CLASSES

Jeri Sue Simon— Instructor
Tues/Thurs. 7:30-8:30 a.m.
Tues./Thurs. 9:45-10:45 a.m.
Tues./Thurs. 11 –12 noon
Tues./Thurs. 6:00-7:00 p.m.

Lynn Wark—Instructor
Mon./Wed. 7:30-8:30 a.m.
Mon./Wed. 10-11 a.m.
Mon./Wed. 6:30-7:30 p.m.

SATURDAY ONLY CLASS!
Kathy Downes—Instructor
8:40-9:40 a.m.

Senior class –
Daina Magnussen-Instructor
Mon/Wed 3-4 p.m.

Contact Melba Black, Wellness Director, melbab@ymcaatlanta.org if you need more information.



Forsyth County Family YMCA, 6050 Y St., Cumming, GA 3004 fcy.ymcaatlanta.org 770.888.2788