



Muskegon YMCA Special Programs Winter 2012

CLASS	Date	Time	Non-Member Fee
Personal Trainer	By Appointment		Fees Vary
TriFit Assessment	By Appointment		\$30 Members \$70 Non-Members
5 Weeks to a New You	By Appointment		\$150 Members ONLY
Body Composition	By Appointment		\$5 Members \$15 Non-Members
Therapeutic Massage	By Appointment	½ hour: \$25 1 hour: \$45	½ hour: \$30 1 hour: \$50
Life Guard Certification	Tues. March 6 7 Weeks	5:30-9:30p	\$180 Members \$210 Non-Members
Indoor Triathlon	Saturday January 28	12:00 Noon Register at	\$30 Individual \$50 Team www.signmeup.com/79260
CPR Certification Adult/Child/Infant First Aid	Saturday February 11 Following CPR	8:30 am- 1:30pm 1:30-2:30	\$50 Members \$75 Non-Members \$20 Members \$25 Non-Members
Swim Through the Years Build Your Stroke	Ongoing	Lap Swim Times	Y Members only Free or \$15 if you wish the prize at the end