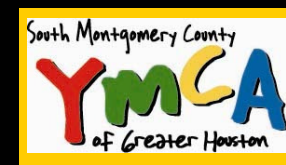


# Creekside YMCA Fitness & Event Calendar: August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 5:15am BODYPUMP™ 6:45pm BODYPUMP™ 7:45pm BODYCOMBAT™	3 5:15am Cycling 6:45pm * Cycling 7:30pm ** Max Core 8:00pm Zumba	4 5:15am BODYPUMP™ 6:45pm BODYPUMP™ 7:45pm BODYFLOW™	5 5:15am Cycling  No Evening Classes	6 5:15am BODYPUMP™	7 9:00am BODYPUMP™ 10:00am BODYFLOW™
8	9 5:15am BODYPUMP™ 6:45pm BODYPUMP™ 7:45pm BODYCOMBAT™	10 5:15am Cycling 6:45pm * Cycling 7:30pm ** Max Core 8:00pm Zumba	11 5:15am BODYPUMP™ 6:45pm BODYPUMP™ 7:45pm BODYFLOW™	12 5:15am Cycling 6:45pm Zumba 7:45pm ** Max Core 8:15pm * Meta-Blast	13 5:15am BODYPUMP™	14 9:00am BODYPUMP™ 10:00am BODYFLOW™  <b>Family Adventure Day</b> <b>9:30am-3:00pm</b>
15	16 5:15am BODYPUMP™ 6:45pm BODYPUMP™ 7:45pm BODYCOMBAT™	17 5:15am Cycling 6:45pm * Cycling 7:30pm ** Max Core 8:00pm Zumba	18 5:15am BODYPUMP™ 6:45pm BODYPUMP™ 7:45pm BODYFLOW™	19 5:15am Cycling 6:45pm Zumba 7:45pm ** Max Core 8:15pm * Meta-Blast	20 5:15am BODYPUMP™ <b>Family Movie Night</b> <b>8:00pm:</b> Camp Fire, Karoke, "Alvin & The Chipmunks 2, The Squeakquel"	21 9:00am BODYPUMP™ 10:00am BODYFLOW™
22	23 5:15am BODYPUMP™ 6:45pm BODYPUMP™ 7:45pm BODYCOMBAT™	24 5:15am Cycling 6:45pm * Cycling 7:30pm ** Max Core 8:00pm Zumba	25 5:15am BODYPUMP™ 6:45pm BODYPUMP™ 7:45pm BODYFLOW™	26 5:15am Cycling 6:45pm Zumba 7:45pm ** Max Core 8:15pm * Meta-Blast	27 5:15am BODYPUMP™	28 9:00am BODYPUMP™ 10:00am BODYFLOW™
29	30 5:15am BODYPUMP™ 6:45pm BODYPUMP™ 7:45pm BODYCOMBAT™	31 5:15am Cycling 6:45pm * Cycling 7:30pm ** Max Core 8:00pm Zumba	<b>Facility Hours</b> Monday - Thursday: 5:00am - 9:00pm Friday: 5:00am - 7:00pm Saturday: 8:00am - 1:30pm Sunday: Closed		<b>Child Watch Hours</b> Child Watch is available for children, ages 2 months - 9 years, <u>Monday - Friday</u> during evening fitness classes and <u>Saturday mornings</u> .	

Schedule subject to change. Classes and events are for Facility Members Only.

Creekside YMCA: 6464 Creekside Forest Drive, The Woodlands, TX 77389  
Phone: 281-466-2179 or 281-367-9622 [www.ymcahouston.org/south-montgomery-county/](http://www.ymcahouston.org/south-montgomery-county/)



Creekside YMCA Fitness & Event Calendar: August 2010

## Family Adventure Day

**Saturday, August 14: 9:30am – 3:00pm**

- 9:30am - 12:30pm Alpine Tower (Ages 10+)
- 9:30am - 3:00pm Access the George Mitchell Hiking Trails
- 11:30am - 2:30pm Picnic Lunch in a Tree house or Tipi (bring your own lunch)
- 11:30- 1:30pm Canoeing
- 12:30pm - 1:30pm Ecology for Kids
- 12:30pm - 3:00pm Misting Station
- 1:30pm - 3:00pm Archery (Ages 6+)
- 2:00pm - 3:00pm Arts and Crafts

**Description:** Facility members are invited to participate in outdoor adventure activities for the young and the young at heart. Challenge the 55' tall Alpine Tower, sharpen your archery skills, take your family for a paddle in a canoe. Members are welcome to bring a lunch and have a picnic in the Creekside Tree Houses or Tipis, go for a hike throughout the George Mitchell Nature preserve and then cool off in the Creekside misting station. Age restrictions apply for some activities.

## Family Campfires and Friday Night Flicks

**Friday August 20: 8:00pm – 10:30pm**

- 8:00pm - 8:30pm Campfire – S'Mores and Karaoke
- 8:30pm - 10:15pm Friday Night Flick – “Alvin and The Chipmunks 2, The Squeakquel”

**Description:** South County YMCA presents Community Campfires and Friday Night Flicks at Creekside Outdoor Adventure Center. Arrive early and enjoy Songs, Skits, and S'Mores. Stay late and enjoy a family friendly movie beneath the stars in the outdoor amphitheatre. Bring your picnic supper, blankets, lawn chairs, bug spray, flashlights and your friends! **YMCA Members are welcomed to bring friends and family!**

**Creekside Activities are available for  
South County YMCA Facility Members Only  
One Membership with 3 Locations.**

**Please Join Us! Free Family Fun for Everyone!**

**Back to School Pool Party and Luau**

**Saturday, August 28th, 3:00—5:00pm**

**Branch Crossing YMCA Water Park**

**8100 Ashlane Way, The Woodlands**

**281-367-9622**

## **CLASS DESCRIPTIONS: SOUTH MONTGOMERY COUNTY YMCA AT CREEKSIDE**

**Classes are 50-60 minutes in length unless noted:**

**\*45 minute class**

**\*\*20-30 minute class**

### ATHLETIC BASED CLASSES

**BODYCOMBAT™:** This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, tae-kwon-do, tai chi and muay thai. Strike, punch, kick and kata your way through calories to superior cardio fitness.

**Indoor Cycling:** Bring your bike riding indoors for this cycling program performed on the Kaiser 3 stationary cycle. It simulates riding positions and terrain used in outdoor cycling. Heart rate monitor recommended. Towel and water bottle required.

**Meta-Blast:** Speed up your metabolic system with this fast moving 45 minute class that combines high intensity cardio and recovery intervals, concluding with core strengthening and stretching. Activities and equipment may vary weekly.

### MIND/BODY CLASSES

**BODYFLOW™:** This unique workout is a blend of yoga, tai chi, and Pilates. It will build strength, flexibility and balance. You will leave feeling calm and centered.

### MUSCULAR CONDITIONING CLASSES

**BODYPUMP™:** Challenge yourself with the original barbell class that strengthens and tones your entire body.

**Maximum Core Strength:** Strengthen your body while challenging your core for a totally balanced workout. Uses weights, bands, body bars, and tubing

### SPECIALTY CLASS

**Zumba™:** Learn fun Latin dance steps and enjoy an exhilarating aerobic workout.

Updated: 7/28/10

**More classes will be  
added in September!**

**YMCA Mission:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

*We strive to turn no one away due to inability to pay.*

