

Pleasant Hill YMCA

OPEN HOUSE

Friday–Sunday, **September 20–22**

Friday, September 20

10:00–11:00 am

TRX Fundamentals

w/Gary — Sign up required

3:30–4:30 pm

Youth Fit (ages 9–12)

Strength Conditioning

w/Robert

Saturday, September 21

9:00–9:30 am

Pickleball Basics w/Hae Won

10:00–11:00 am

CrossFit w/Julien

10:00–10:30 pm

Pickleball Basics

w/Hae Won

4:00–6:00 pm

Adventure Guides Open House

w/Ben — Sign up required

Sunday, September 22

11:30am–12:30pm

Flex & Stretch

w/Andrea

Class Descriptions & Locations

TRX Fundamentals: Learn how suspension training forces you to constantly engage your core to perform each exercise. **CrossFit Room**

Youth Fit Strength Conditioning (ages 9–12): Learn foundation exercise and strength training, cardio and with weight basics. **Aerobics Studio**

Pickleball Basics : Jumpstart your pickleball game! Learn basics with helpful tips and strategies. **Pickleball Court 1**

CrossFit: Try out our training program that focuses on strength training, stamina, endurance, accuracy, power, agility, balance, speed, coordination and flexibility. **CrossFit Room**

Adventure Guides Open

House Night: Splash into the Adventure Guides pool party. Learn more about the program, meet Adventure Guides parents as you explore your next expedition with Ben the ultimate adventure guide. **Aquatics Center**

Flex & Stretch: Are you ready to increase your mobility and feel less pain? This class utilizes a variety of props such as hand weights, bands, bolsters, blocks, and rods to lubricate and strengthen joints, increase total range of motion, and provide therapeutic movement. **Aerobics Studio**