

THE DRYADES Y!

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL CLASSES

**GROUP EXERCISE,
PERSONAL TRAINING, AND
SWIM LESSONS**



PERSONAL TRAINING

Ages 17+ (Ask for Pricing/Availability)

Get a tailored exercise program prescribed by our certified personal trainer. Personal training packages include fitness testing, detailed goal setting, exercise prescription, nutritional analysis, and daily motivation from our experienced, certified personal trainer.

BOOT CAMP

Ages 17+ (\$35 members/\$70 non-members)

Our boot camp is a 4-week class tailored to provide a coach motivated, high intensity workout that is time efficient. The Camp features the use of body weight exercises, free weights, and conditioning exercises.

TOTAL BODY PILATES

(Individual- \$10/ \$15 non-member)

Full Body workout that targets minor and major muscles in the body. It increases core strength, enhances body awareness, toned muscles, improves posture and flexibility.

WATER AEROBICS

Ages 11+ (FREE members/\$50 non-members)

This course offers a vigorous exercise program without being in the heat. Our water aerobics class allows for low impact strength training, endurance, cardio, and flexibility training.

SWIM LESSONS

(Individual - \$150-\$180/ Group \$35per person)

We use a variety of methods to help individuals overcome fears, build confidence and develop skills that last a lifetime. Experienced instructors set achievable goals and celebrate successes.

FAMILIES LEARN HEALTHIER
LIFESTYLES AND BUILD