



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# THE DRYADES Y!

REGISTRATION FOR GROUP EXERCISE, PERSONAL TRAINING, AND SWIM LESSONS ARE NOW OPEN.

## PERSONAL TRAINING

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

Our boot camp is a 7-week class is 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.

## CORE CONDITIONING

Ages 17+ (\$25 members/\$40 non-members)

Core Conditioning is a 7-week course designed to strengthen, stabilize, and chisel those problem abdominals, obliques, and lower back muscles. This course features a myriad of exercises using body weight, resistance bands, stabilizations balls, and free weights.

## 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.

FAMILIES LEARN HEALTHIER LIFESTYLES AND BUILD SKILLS



## TEEN STRENGTH

Ages 11-15 (\$25 for members/Ask for Availability)

Before individuals ages 11-15 are able to use the facility to its fullest capacity, they must engage in an introduction course on our facility and equipment. You will learn how to properly operate the cardiovascular and resistance training machines. Upon completion of the course, you will be given a certificate, which will allow you to utilize the wellness facility.

## SWIM LESSONS

Ages 4+ (Individual - \$160/ \$60 per 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.

## SPIN

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

Ride from the shoreline to the hills in this journey that is designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout. Come find the inspiration you've been looking for to help you achieve your personal goals! This class is for the beginners as well as seasoned cyclists!

### DRYADES YMCA

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