



**We Build  
Strong Families**



## Hours & Location

Monday -Thursday- 5:30 a.m. - 10:00 p.m.

Friday - 5:30 a.m. - 9:00 p.m.

Saturday -7:30 a.m. - 8:00 p.m.

Sunday - 10:00 a.m. - 6:00 p.m.

Esic Center  
1200 Esic Drive  
618-656-0436

Meyer Center  
7348 Goshen Road  
618-655-1460

Karen Lintz Branch Director - Esic Center  
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Tom Verheyen Branch Director - Meyer Center  
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<http://www.edwardsvilleyymca.com/>

## Tri On YOUR Time

An indoor triathlon where you have 10 weeks to complete varying distances.

### Half-Ironman

1.2 mile swim

56 mile bike

13.1 miles on foot

### Ironman

2.4 mile swim

112 mile bike

26.2 miles on foot

### Ultra-Ironman

6.2 mile swim

260 mile bike

52.4 miles on foot





## Other Activities & Services

- Rentals & Birthday Parties
- Sand Volleyball
- Rockwall
- Raquetball
- Adult Water Exercise Program
- Water Running
- Arthritis Exercise
- Swim Lessons



## New Classes

### The Healthy Weigh

Need a healthier lifestyle and smarter choices? Join LEVEL 1 Healthy Weigh and utilize our fitness professionals' knowledge and resources. You will meet with a personal trainer, a registered dietician and fitness professionals. You may then continue to progress to LEVEL 2 and continue your lifestyle change.

### Women's Weight Training

Weight training is a necessary component of every woman's exercise program for many reasons such as weight loss and the fight against bone loss. This class will teach you how to use weights, physioballs and other resistance training tools, to reach your fitness goals at every level.

### Total Body Toning

Strengthen, tone and stretch your arms, shoulders, abs, back, glutes and legs! A total body sculpting experience.



## Strength Classes

- Basic Strength
- Strength Class
- Core Conditioning
- Circuit Strength
- Body Sculpt
- Strength and Stability

### Group Fitness Classes

- Cardio drums
- Boot Camp
- Basic Fitness
- Early Bird Fitness
- Group Cycling
- Turbo Kick
- Zumba
- Variety Training
- Circuit Mix

### Adult Classes

- YMCA Run Club
- Ageless Grace
- Beginners To Intermediate Yoga
- Pilates
- Power Yoga
- Sculpt n' Spin
- Power Up!

