

Health & Wellness: Member Benefits

Group Exercise

Members, ages 13 & older, may attend as many group exercise and water exercise classes as they wish, as a benefit of membership. No registration required! Members ages 9-12 may participate in select group exercise classes when accompanied by a parent or guardian.

Group Exercise Classes/Week including...

Group Cycling • Boot Camp • Body Sculpting • Pilates
Yoga • Step • Core Strength • Tai Chi • Zumba
Senior Exercise Classes • Water Aerobics • Corepole
Ab Solution • Easy Does It • Healthy Beginnings

The COACH APPROACH®

The COACH APPROACH®, An Exercise Support Process **A six-month program free for members ages 18+:**

YMCA exercise support process designed to teach new or returning exercisers how to start and stick with their personalized exercise program. Learn how to:

- Kick the inactivity habit
- Shape workouts around activities you prefer
- Measure effects of exercise on mood, stress & energy
- Stay on track even when your schedule throws you a curve ball!

Schedule an appointment at the Membership Desk to meet with a wellness coach for a series of six, 1-on-1 meetings at no additional cost!

Massage Therapy

Massage Therapy: Hard Day? Hard Week? Hard Workout? When life becomes stressful, let one of our Massage Therapists help you get rid of your stress. *Contact the Front Desk to set up your appointment. Gift certificates also available!*

MEM: \$55/hour * \$35/half hour • PRO: \$75/hour * \$55/half hour

Personal Training

Personal Training: Available to facility members in 1-hour session with YMCA certified personal trainers only.

MEM only: \$50/hour • \$30/half hour
2-on-1 Training: \$35/hour/person



Fitness Equipment

Fitlinxx and Equipment Orientation

free for members ages 13+: YMCA Wellness coaches are available to answer your fitness questions, provide instruction on how to use the FitLinxx-Training Partner technology and design a safe, effective exercise routine.

Youth Policy: Ages 9-12 may use Wellness Center equipment if the following requirements are met:

- Manufacturer safety requirements must be met. Participants must be 60" tall.
- An orientation must successfully be completed with a parent or guardian.
- Subsequent use of the area requires a parent/guardian present .

Kids Fitness

Kids Fitness: Come join the YMCA's Circuit Style Class for kids ages 7-12! This class is extremely beneficial for day-to-day activities, coordination development, sports development and injury prevention. Your kids will LOVE it!

Tuesdays & Thursdays, 6:30 – 7:30 pm

Session 4: May 25 - July 1

Registration begins April 26

Session 5: July 6 - August 12

Registration begins June 7

Session 6: August 17 - Sept 23

Registration begins July 19

MEM: \$50 PRO: \$70



Register for over 1,000 programs
with our **NEW Online Registration!**