

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 (except for Body Pump, Group Cycling and Yoga). Schedules are in the lobby or online at [online schedule!](http://ymcapass.com) (ymcapass.com)

Group Exercise & Water Exercise Classes...

Over 85 classes offered per week!

Fitlinxx

Cardio Theater: Your total entertainment system will enhance your cardiovascular workout by viewing cable television or listening to music. Headsets are available for \$10 at the registration desk or you can bring your own.

Fitlinxx Activity Partner: The Fitlinxx Activity Partner helps to make physical activity easy, fun and engaging by counting your steps throughout the day, everyday, from a small device on your shoe! All steps downloaded into Fitlinxx every time you come into the facility.

MEM: \$25

Fitness Orientations

Fitlinxx Orientation *free for members ages 13+*: Fitlinxx is a computer interactive system that allows members to keep track of their workout. This orientation will familiarize you with the proper use and settings for our equipment. *Schedule appointments at the front desk.*

Youth Orientation *members ages 9-12*: May use select wellness equipment upon meeting the following criteria:

- Manufacturer and safety requirements (60" H)
- An orientation must successfully be completed with a parent or guardian present
- Parental supervision at arm's length

***Proper athletic attire must be worn while exercising:
(tennis shoes, shirt, shorts, sweat pants or lycra).
No jeans, sandals, flip flops allowed on machines.***



The COACH APPROACH® Exercise Support Process coaches 1,000's of Y Members "back to health" each year!

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!



Health & Wellness: Training, Services & More

Personal & Group Training

Personal Training: Achieve and maintain your desired fitness level through strength training, cardiovascular conditioning and weight management. Contact Lisa Pierce for an appointment.

MEM: \$30/half-hour session • \$50/1-hour session

Train-To-Win: 2 members with one personal trainer

MEM: \$35/person/1-hour session

Special Services

Nutrition Counseling: Individual sessions are led by a registered-licensed dietician. Call Lisa Pierce for an appointment.

MEM: \$60/hourly session

Massage Therapy: Relax your mind. Enhance your workout. Chair massages are available on location. 15- or 30-minute sessions are available by appointment.

Mondays, 9:00 – 11:30 am

MEM: \$15 for 15 minutes

Injury Assessments: 3rd Monday of each month. 15 minute sessions provided by registered, certified physical therapist. \$20/per session

Hydrostatic Body Fat Testing:

Tuesday, June 29

9:00 am – 12:00 pm & 3:00 pm – 7:00 pm



**Register for over 3,000 programs
with our NEW Online Registration!**



Special Services - continued

Education Classes for Healthy Living

open to all: Lectures presented by Kaiser Permanente. Covering everything from health and nutrition to safety and more.

Last Monday of every month at 7:00 pm

Wellness Events

Team Lean: A 10-week weight loss competition. Teams of 4 compete to lose the highest percent of weight. Weekly prizes & final grand prize for winning team!
Returning in September!
\$40/team

12th Annual Spinathon & Silent Auction:

A massive, non-competitive group cycling event held indoors at the Fowler YMCA. Buy a bike for 6 hours or join a team. 100% of the pledges go to our Partner With Youth campaign. There will also be food, prizes, games, and more. **Coming February 2010!**

