

# 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 Group Cycling and Resitaball for safety reasons). Schedules are in the lobby or online with a link on the homepage.

### Group Exercise Classes/Week including...

Group Cycling • Step & Sculpt • Pilates • Yoga • Zumba  
Body Sculpt • Running Club • Cardio Pump • Super Step •  
Core Conditioning • 50/50 Combo • Interval  
Resist-A-Ball Training • Cardio Latin Core

### Water Exercise Classes/Week including...

Water Stretch & Flex • Water Fibro • Cardio Conditioning  
Water Pilates & Yoga • Water Cyle • Senior Water Fitness  
Prenatal Water Combo

## 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!

## 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.



## Training

**Personal Training:** Our certified trainers will safely and effectively take you through your customized workout. Programs are designed to achieve goals such as decreased body fat, increased muscle mass and improved tone and shape.

MEM: \$55/1-hour session

**Group Personal Training:** Share the experience of reaching your fitness related goals with individuals just like yourself. Sessions are 4-weeks long, meet twice a week, and are an hour long. For all fitness levels; novice-advanced.

MEM: \$85/4-week session

PRO: \$105/4-week session



### **Aquatic Personal Training** *age 13+:*

Personal Training in the water offers a great alternative for individuals looking for a high intensity, low impact challenge in their weight and cardio training.

MEM: \$35/ 1/2-hour session

Open Registration Begins February 1st