

# Health & Wellness

Register online now!

## 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 Yoga). Schedules are in the lobby or online at [ymcapass.com](http://ymcapass.com)

### Group Exercise Classes...

Cycling • Butts & Gutts • Stability Ball • Creative Cardio  
Yoga/Pilates • H.E.A.T. • 45 Minutes Strong • S.P.R.I.N.T.  
Karate • Step Challenge • Stretch & Tone • Step Survival  
Salsa Chicago Style • Step • Zumba • Happy Hr. Line Dancing

### Water Exercise Classes...

Aqua Fit • Deep Water Combo • Senior Pool Pals

## FITNESS

**Cardio Theater:** Your total entertainment system will enhance your cardiovascular workout by viewing cable television or listening to music. You can bring your own headsets.

**Fitlinxx Orientation free for members ages 13+:** Fitlinxx is a computer interactive system that helps members to keep track of their workout. An orientation will familiarize you with the proper use and settings for our equipment. Schedule appointments in the Wellness Center.

**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
- Workout with parental supervision at arm's length

## PERSONAL TRAINING

**Personal Training members ages 18+:** Achieve and maintain your desired fitness level through strength training, cardiovascular conditioning and weight management. Contact Blanche Payne for an appointment.

MEM only: \$180 for eight 30-minute sessions



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 in the Wellness Center to meet with a wellness coach for a series of six, 1-on-1 meetings at no additional cost!

## MESSAGE

**Massage ages 18+:** Relax and destress with a massage. By appointment.

MEM: \$65 an hour

PRO: \$75 an hour

