

Health & Wellness: Get Fit! Stay Young!

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

Group Exercise Classes...

Cycling • Butts & Gutts • Stability Ball • Creative Cardio
Yoga/Pilates • H.E.A.T. • 36-24-36 • S.P.R.I.N.T. • Karate
Step Challenge • Stretch & Tone • Step Survival • Salsa
Chicago Style Step

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 Lisa Pierce for an appointment.

MEM only: \$180 for 8 one-hour 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 at the Membership Desk to meet with a wellness coach for a series of six, 1-on-1 meetings at no additional cost!

Massage

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

MEM: \$65 an hour

PRO: \$75 an hour

