

## GROUP EXERCISE

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

Group Cycling • Step & Sculpt • Pilates • Yoga • Zumba  
Body Sculpt • Running Club • Cardio Kickbox • Cardio Pump  
Super Step • Core Conditioning • 50/50 Combo • Interval  
Senior Conditioning • R.I.P.P.E.D. • PiYo • Boot Camp  
Dance, Battle, Build

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

Water Stretch & Flex • Water Fibro • Cardio Conditioning  
Water Pilates & Yoga • Water Cyle • Senior Water Fitness  
Prenatal Water Combo • Aqua Boot Camp • Aqua Zumba

## THE COACH APPROACH®

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

- Members 13+ may use the wellness center once a FitLinxx orientation is completed.
- Members 9 – 12 may use the wellness center under direct supervision (within arm's length) of a parent or guardian once a FitLinxx orientation is completed. Youth 12 & younger must check in with YMCA staff upon arrival.
- Members 16 & older may use the free weight area independently.
- Members 13 – 15 may use the free weight area with direct supervision (within arm's length) of a parent or guardian, once a FitLinxx orientation is complete.
- Members 13 years+ may participate in group exercise classes.
- Members 9 – 12 may take classes if accompanied by an adult (Group Cycling, Body Pump, Resista/Stability Ball exceptions).



## TRAINING

**TRX Personal Training age 13+:** TRX is a training program in a small group setting that uses your own body weight through suspension training to build strength, balance, coordination, flexibility, joint stability and core strength. This program offers a challenge for beginners to advanced exercisers. One and two day per week class options available. See flyer for more info.

**Personal Training:** Certified trainers will safely and effectively take you through your customized workout. Decrease body fat, increased muscle mass and improved tone and shape. MEM: \$55/1-hour session

**Group Personal Training:** Enjoy group settings, a supportive atmosphere, and a fun effective workout? Group Personal Training is just for you! Reap the benefits of personal training, while sharing the experience of reaching your fitness related goals with individuals just like yourself. Sessions are 6-weeks long, meet twice a week, and classes are an hour long. Accommodates all fitness levels; novice-advanced.

MEM: \$85/4-week session  
PRO: \$105/4-week session



**Aquatic Personal Training age 13+:** A great alternative for individuals looking for a high intensity, low impact challenge in their weight and cardio training. Each session includes a 30 min. assessment with a certified Trainer.

MEM: \$35/½-hour • \$160/5 sessions • \$300/10 sessions  
PRO: \$45/ ½-hour • \$175/ 5 sessions • \$315/10 sessions