

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/Sculpt, Group Cycling, Resist-A-Ball and Stability Ball). Schedules are in the lobby or online with a link on the homepage.

Group Fitness - FREE

Boot Camp • Beginning Cycle • Cycle • Core/Abs
Kickbox • Zumba • Zumba Gold for Older Adults • Pilates
Cardio Interval • Beginning Yoga • Yoga • Body Sculpting
Arthritis Foundation Exercise for Seniors • Tai Chi

Group Fitness - MEM ONLY: \$89

CorePole Fitness: Add a new dimension to your workout. The exercises are easily integrated with other exercise methods such as Pilates, Yoga, cardio or strength training. It is the latest thing in relational group fitness!

M/W: 7:30 am, 10:00 am, 6:30 pm

TU/TH: 7:30 am, 9:45 am, 11:00 am, 6:00 pm

Session 1: Sept. 21 – Oct. 16 registers August 29

Session 2: Oct. 26 – Nov. 20 registers September 26

Session 3: Nov. 9 – Dec. 11 registers October 24

Group Fit – Small Group Training Fitness: Enjoy the benefit of a small group with one-on-one instruction from a certified trainer. Each class will be designed to fit your personal fitness and health goals. (3-6 people in a group).

M/W: 9:30 am,* 5:00 pm • TU/F: 9:15 am*

W/F: 11:00 am • Thursday Only: 10:00 am (\$45)

*Intermediate/Advanced with some weight lifting!

Session 1: Sept. 8 – Oct. 9 registers August 29

Session 2: Oct. 20 – Nov. 12 registers September 26

Session 3: Nov. 17 – Dec. 17 registers October 24 (off Thanksgiving)

Optimal Conditioning : A small group exercise class designed to help you get into shape in a boot camp style format. This class is high intensity. Take your fitness level to the Optimal Extreme! (No more than 10 participants).

TU/TH: 10:00 am

Session 1: Sept. 22 – Oct. 15 registers August 29

Session 2: Oct. 20 – Nov. 12 registers September 26

Session 3: Nov. 17 – Dec. 17 registers October 24 (off Thanksgiving)



Wellness

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.

Fitlinxx Orientation free for members ages 13+: YMCA coaches are available to answer your fitness-related questions and instruct you on safe usage of strength training, free weight and cardio equipment.

Fitness Assessments ages 18+: Check your heart rate, blood pressure, body composition, body circumference, cardio recovery, flexibility and upper body & abdominal endurance.

MEM Only: \$35 (Body Composition Only: \$10)

Wellness for Youth

Youth in Motion ages 5-7 & 8-12:

Mondays & Wednesdays, 4:30 – 5:30 pm

Running Club

FCY YMCA Running Club: This 8- week structured running club is designed to prepare you to run a 5K. Two instructor-led runs per week and a running plan for you to continue during the week. You will be running on the new greenway located at the Polo Fields. This is for beginner to intermediate runners.

Sept. 15 – Nov. 7 registers August 29

MEM: \$45 PRO: \$65