

# 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.

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

**Land Classes:** Abdominal Express • Body Sculpt Boot Camp • CorePole • Cardio Kickbox • Group Cycle Healthy Beginnings Pre/Post Natal • Interval Training NIA • Pilates • Senior Strength • Senior Stretch • Step Stretch & Strength • Tai Chi • TurboKick • Yoga • ZUMBA

**Water Classes:** Shallow Water Aerobics • Deep Water Aerobics • Easy Does It • Healthy Beginnings PreNatal Water Aerobics

## The COACH APPROACH<sup>®</sup>

**The COACH APPROACH<sup>®</sup>, 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!

## Message Therapy

**Massage Therapy:** Hard Day? Hard Week? Hard Workout? When life becomes stressful, let one of our Massage Therapists help you get rid of your stress. *Contact the Front Desk to set up your appointment. Gift certificates also available!*

MEM: \$55/hour \* \$35/half hour

PRO: \$75/hour \* \$55/half hour



## 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.

**Youth Policy:** Ages 9-12 may use Wellness Center equipment if the following requirements are met:

- Manufacturer safety requirements must be met. Participants must be 60" tall.
- An orientation must successfully be completed with a parent or guardian.
- Subsequent use of the area requires a parent/guardian present .

## Personal Training

**Personal Training:** Available to facility members in 1-hour session with YMCA certified personal trainers only.  
MEM only: \$50/hour • \$30/half hour  
2-on-1 Training: \$55/hour/person