

Wellness: Training & Conditioning

Fitness Assessments

Fitness Assessments *for members only*: Meet with one of our certified Wellness Coaches to discover your exact level of fitness: Aerobic Fitness • Blood Pressure Muscular Strength • Body Composition • Flexibility

MEM: \$35 MEM: \$10/body composition only

Arthritic Aquatic Program

Arthritic Aquatics: This program can help improve joint flexibility and muscle strength with the aid of the water's buoyancy and resistance. The classes are instructed in the warm water therapy pool. Sessions run monthly.

TU/TH: 1:15 – 2:00 pm

MEM: \$12/month PRO: \$33/month



Rehab Assistance Program

Rehab Assist Program: The Summit Family YMCA's Rehab Assist program is a 10 week program designed to help participants work towards an independent exercise program. This program is based on a physician/therapist referral only, and all participants must attend 4 scheduled appointments with a certified exercise specialist.

MEM: \$60 PRO: \$140



Tai Chi

Tai Chi *for members only*: Tai Chi is a form of mind, body and spirit movement characterized by slow, continuous, flowing movements. The art of Tai Chi is intended to develop strength, coordination and balance through purposeful and focused movements. A low-intensity activity, beneficial for all exercisers, from beginner to advanced. Tai Chi is particularly suitable for older adults, even those with arthritis and muscle tension. We are now offering Tai Chi as part of our Group Exercise schedule.

Mondays, 7:00 pm

MEM: free

Group Personal Training & Tennis Core Essentials

Session Dates

Session 1: June 1 – June 27

Session 2: June 29 – July 25

Session 3: July 27 – August 22

Session 4: August 24 – September 18



Personal Training

Personal Training *for members only*: An individualized program, designed to assist you in achieving & maintaining a desired fitness level through strength training, cardio conditioning & weight management. Trainers will educate and motivate you whether you are beginning an exercise program, breaking through a plateau, defeating boredom in your current routine, or conditioning yourself for a competitive event. Appointments are scheduled with the trainer.

MEM: \$45 per hour

Group Personal Training *for members only ages 13+*: A great way to meet your fitness goals or train with a friend or group of up to 6 friends with a personal trainer. Sports specific training, such as tennis, baseball, soccer or basketball is available. Sessions run 2 times per week for 4 weeks.

MEM: \$120 per person/per 4 week session

Aquatic Personal Training *for members only ages 13+*: Personal Training in the water offers a great alternative for those looking for high intensity, low impact cardio training. Half hour training sessions.

MEM: \$35 per person/individual session
\$25 per person/group session

Tennis Core Essentials *for members only*:

Whether you are a beginner or advanced player, this program is for you. This drills and skills based program is specifically designed to help improve proficiency and performance on the court. Sessions run 4 weeks. Youth sessions are 2 times per week for ½ hour. Adult sessions are 1 time per week for 1 hour.

Youth ages 7 & up: \$60 per person

Adults: \$80 per person

