

# 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 Sculpt, Group Cycling, Physio Ball and Bosu). Schedules are in the lobby or online with a link on the homepage.

### 65+ Land & Water Group Exercise Classes/Week...

Agility Drills • Body Sculpting • Bicycle Boot Camp  
Deep Water Workout • Group Cycle • Cardio Core  
Functional Fitness • Ease Into It • H2O Hi/Lo  
Kickboxing • Kid's Fitness • Pilates • Step & Sculpt  
Tai Chi • Yoga • Zumba!

The YMCA staff reserve the right to redirect a member to a more appropriate class.

## 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!

## Fitness Equipment

**Fitlinx 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. *Schedule appointments at the front desk.*

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

- Successfully complete an equipment orientation (with parent/guardian present) and earn a Character Value bracelet.

Subsequent use of the area requires parent/guardian present (within arms reach) with Character bracelet visible!



## Cardio Theater

**Cardio Theater** is a total personal entertainment system which gives you the opportunity to enhance your cardiovascular workout with the option of viewing cable television, listening to your favorite music or watching a DVD. All of the cardio machines are equipped with Cardio Theater to make your workout more enjoyable.

## Wellness Clubs

**Running Club:** Sign up on our website homepage to begin receiving our newsletter with helpful running tips and information on community races.

**Walking Club:** Our walking club meets the 1st & 3rd Wednesday of each month at 11:00 am for a walk around our indoor track or outdoors on a nice day. For more information, inquire at the Wellness Desk.

## Free Wellness Classes & Events

**Nutrition 101:** Designed to provide an overall understanding of nutrition and promote a lifetime of healthy eating.  
Thursday, September 17, 7:30 pm

**Recreating Recipes:** Learn tips and substitutions to remake your favorite recipes into delicious healthier versions!. Bring your own ideas and recipes to share.  
Thursday, November 19, 7:30 pm

**Spin-A-Thon for Partner With Youth:**  
Saturday, November 14, 8:00 - 11:00 pm



# Wellness: Training & Conditioning

## 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+: MEM: \$60 PRO: \$75

Adults: MEM: \$80 PRO: \$95

## 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



### **Personal Training & Tennis Sessions**

Session 1: September 20 – October 17

Session 2: October 18 – November 14

Session 3: November 15 – December 19

## Fitness Assessments

### **Fitness Assessments *for members only*:**

Meet with one of our certified Wellness Coaches to discover your 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. Monthly.

TU/TH: 1:15 – 2:00 pm

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



## Tai Chi

**Tai Chi *for members only*:** 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

