

## Health & Well Be-

### PAID CLASSES



Day	Class Times	\$ YM	\$ PM
MON	8:15-8:45 am BOSU Total Body Sculpt	\$ 15.00	\$ 45.00
	10:15-11:00 am Pilate Ball	\$ 15.00	\$ 45.00
	11:00-12:00 50+ Strength & Stretch (2 day/week class) *in wellness center	\$ 32.00	\$ 65.00
	12:15-1:00 pm Pilates w/Props (2 day / week class)	\$ 25.00	\$ 55.00
	5:30-6:30 pm Box N Sculpt (2 day / week class) *in blue gym	\$ 35.00	\$ 65.00
	5:30-6:30 pm Yoga	\$ 15.00	\$ 45.00
	7:00-8:00 pm Jujitsu	\$ 55.00	\$ 80.00
TUES	9:15-10:45 am STC (Strength Training Club) (2 day / week class) *in wellness center	\$ 32.00	\$ 65.00
	4:15-5:00 pm Pilate Fusion (2 day / week class)	\$ 25.00	\$ 50.00
	5:30-6:30 pm Yoga	\$ 15.00	\$ 45.00
WEDS	11:00-12:00 50+ Strength & Stretch (2 day / week class) *in wellness center	\$ 32.00	\$ 65.00
	12:15 -1:00 pm Pilates w/Props (2 day / week class)	\$ 25.00	\$ 55.00
	4:15-5:00 pm Buff / Bike / Balance	\$ 25.00	\$ 50.00
	6:30 -7:30 pm Yoga	\$ 15.00	\$ 45.00
	7:00-8:00 pm Jujitsu	\$ 55.00	\$ 80.00
THURS	9:15-10:45 am STC (Strength Training Club) (2 day / week class) *in the wellness	\$ 32.00	\$ 65.00
	4:15 -5:00 pm Pilate Fusion (2 day / week class)	\$ 25.00	\$ 55.00
	5:20 - 6:20 pm Beginner / Intermediate Yoga	\$ 15.00	\$ 45.00
	5:30-6:30 pm Box N Sculpt (2 day / week class) *in blue gym	\$ 35.00	\$ 65.00
FRI	9:30 -10:15 am Building Better Balance & Flexibility	\$ 25.00	\$ 45.00
	11:30 -12:15 Beginner Pilates	\$ 15.00	\$ 45.00

**Yoga** Practicing yoga will help you discover how the mind and body unite in a harmony of movement and coordination. Mental focus, while concentrating on breathing, will improve tension and stress, and strengthen the lungs. Yoga is extremely beneficial for any age. The practice helps our spine become more flexible, and our joints to function better. Muscles will work smoothly and more efficiently. There are many other benefits, like weight loss, improved circulation, relief from insomnia, headaches, backaches, improved balance, posture, asthma, improved concentration, and more.

Meets: MON. 5:30-6:30 pm      TUES. 5:30-6:30 pm      WED. 6:30-7:30 pm      THURS. 5:20 - 6:20 pm  
 Fees: \$15 YM \$45 PM      Fees: \$15 YM \$45 PM      Fees: \$15 YM \$45 PM      Fees: \$15 YM \$45 PM

**Box-N-Sculpt** Get lean, lose weight, increase stamina and challenge the mind. The workout is derived from workouts that boxers use for a total body workout. Using 2 to 3 minute rounds of intense work, followed by a 1 minute rest in between, you will not only challenge your body, you will challenge your mind. Total body and core exercises will be combined with cardio in order to help you achieve a lean, tight physique. Taught by boxing instructor Seth Enneking.

Meets: Mondays and Thursdays, 5:30-6:30 pm in blue gym (NEW)      Fees: \$35 YM \$65 PM

**STC (Strength Training Club)** Strengthen the entire body adding balance, coordination as well as cardiovascular training, core training, and flexibility. Class is taught in the Wellness Center/Free Weight Area by an Certified Personal

Register early for \$5 discount on select classes

## Health & Well Being

**Y Indoor Cycling** Want to burn calories fast? Want to build endurance? Instructors lead you through exciting courses-intensity is up to you as you work toward that target heart rate. Join the ride and stay fit! Class max: 12

Meets: Mon / Wed / Fri 9:00-9:45 am      Fees: \$10 YM/class \$30 PM/class

**Y** Meets: Tues / Wed / Thurs 5:30-6:15 pm      Fees: \$10 YM/class \$30 PM/class

**Buff / Bike / Balance** This express workout combines 4-minute intervals of cycling, strength training, and core balance work, finishing with flexibility training all in a 45-minute period. Try this combination aerobic and anaerobic blast!

**Y** Meets: Wednesday 4:15-5:00 pm (NEW)      Fees: \$25 YM \$50 PM

**BOSU Total Body Sculpt** Work your body from head to toe while strengthening your core and improving your balance activating the entire kinetic chain.

**Y** Meets: Monday 8:15-8:45 am      Fees: \$15 YM \$45 PM

**Pilate Fusion** A series of mat exercises that infuse pilates and yoga together to strengthen and tone all of the muscles within our body, while lengthening our spine and concentrating on abdominal, pelvic floor, and low back conditioning. A variety of pilate equipment will be used. Pilates and yoga are great complements to other forms of exercise and will dramatically enhance sport performance.

**Y** Meets: Tuesday & Thursday 4:15 - 5:00 pm      Fees: \$25 YM \$55 PM

**Pilate Ball** An innovative fusion of Pilates and yoga using different size balls to enhance movement to help improve posture, core strength, and add flexibility.

**Y** Meets: Monday 10:15-11:00 am      Fees: \$15 YM \$45 PM

**Pilates with Props:** A series of mat exercises using a variety of tools that produce kinesthetic awareness and desirable improvements in alignment and movement quality of the spine, while strengthening and toning the body centering from the pelvic floor (core) muscles.

**Y** Meets: Monday & Wednesday 12:15-1:00 pm      Fees: \$25 YM \$55 PM

**Building Better Balance & Flexibility** For overall health and wellness, you need to practice balance and stability with movement. This class will focus on balance, posture, strength, and gait education with both seated and standing activity. Progressions will be made through the class and will include more advanced knowledge and balance activities and use of equipment.

**Y** Meets: Friday 9:30-10:15 am      Fees: \$25 YM \$45 PM

**50+ Strength & Stretch** Class is designed to improve strength, coordination, balance and flexibility. Weight training will improve an individual's bone density and overall daily living. Led by a certified personal trainer. Class includes a pre and post exercise assessment and will evaluate your skill level and will let you know how you compare to others your age.

**Y** Meets: Monday & Wednesday 11:00-12:00 pm      Fees: \$32 YM \$65 PM

**Beginner Pilates** Pilates allows exercisers to move within their limitations and can be adapted to enhance anyone's current training routine. Pilates helps improve postural problems; increases core strength; stability and peripheral mo-

## Health & Well Being

### FREE TO OUR MEMBERS

Day	Class Times	\$ YM	\$ PM
MON	11:00-11:30 am 30-Minute Café	FREE	\$ 45.00
	6:30-7:30 pm Power Hour	FREE	\$ 45.00
TUES	8:15-9:15 am Power Hour	FREE	\$ 45.00
	9:30-10:30 am Silver Sneakers Cardio Combo Class	FREE	\$ 45.00
	11:00-11:30 am Rock Bottom	FREE	\$ 45.00
	6:30-7:15 pm Step-N-Toning	FREE	\$ 45.00
WED	10:15-10:55 am Silver Sneakers Yoga Stretch	FREE	\$ 45.00
	11:00-11:30 am Core Pole	FREE	\$ 45.00
THURS	8:15-9:15 am Power Hour	FREE	\$ 45.00
	11:00-11:30 am Step-N-Toning	FREE	\$ 45.00
	6:30-6:45 pm Ab Control	FREE	\$ 45.00
FRI	6:45-7:30 pm Extreme Strength	FREE	\$ 45.00
	10:30-11:25 am Silver Sneakers Cardio Combo Class	FREE	\$ 45.00

**Ab Control:** A 15-minute class that focuses on nothing but your abs. Work your upper and lower abs, obliques, and back in just 15 minutes!

Meets: Thursday 6:30-6:45 pm

Fees: Free YM \$45 PM

**Core Pole:** This class will help to develop core muscles by using resistance bands connected to a pole. Class size is limited due to the quantity of bands available.

Meets: Wednesday 11:00-11:30 am

Fees: Free YM \$45PM

**30-Minute Café:** A little cardio, a pinch of weight training, and a few crunches to tone the core. You will not be disappointed!

Meets: Monday 11:00-11:30 am

Fees: Free YM \$45 PM

**Power Hour:** Get a full hour of intense strength and toning using a variety of equipment that will give your metabolism the boost you need.

Meets: Mon 6:30-7:30 pm / Tues 8:15-9:15 am / Thurs 8:15-9:15 am

Fees: Free YM \$45 PM

**Step-N-Toning:** Step up to fitness with this creative, challenging choreographed workout that will improve cardiovascular fitness and muscle tone.

Meets: Tues 6:30-7:15 pm


Fees: Free YM \$45 PM

**Rock Bottom:** Looking to shape your legs and firm those glutes? Then this 30-minute workout is for you. Join us for this low body pump and get the rock bottom that you have been looking for.

Meets: Tues 11:00-11:30 am

Fees: Free YM \$45 PM

YM = YMCA Member PM = Program Member

Register early for \$5 discount on select  classes

## Health & Well Being

### WAYS TO WIN AT LOSING

Don't try any fad, crash or omission-style diet.

Find your motivator, such as a photo of yourself!

Organize your kitchen so that healthy foods are visible.

Get on the scale. Better yet, have someone else weigh you!

Fuel yourself adequately so you don't have post exercise pig-outs.

Eat smaller, more frequent meals. Keep a food log.

Having trouble staying focused on your healthy lifestyle goals? Try these easy steps to get you back on track!



### Personal Training

**“Change is the essence of life. Be willing to surrender what you are for what you could be-”**

Deena Hamer / Seth Enneking / Laura Huff

Personalized programs include:

- Cardiovascular training / Intervals
- Weight Loss
- Sport Specific Training
- Strength/Toning/Body Building
- Pilates/Yoga
- Functional Bands
- Self Myofascial Release (SMR)



*Why work with a trainer? You will be connecting with a professional, who is committed, educated, and caring. Your trainer will use a variety of methods to create a program that focuses on meeting your individual lifestyle goals. Whether you are new to exercise or an athlete, our trainers can make a difference!*

Your trainer will assess your previous and present fitness level, review your goals, and develop customized workouts for you. Stop by or call to schedule your FREE consultation today!

**All sessions expire 6 months from date of purchase.**

<b>30 min Fees:</b>	YM	1-session \$20	3-sessions \$55	6-sessions \$112	9-sessions \$165
	PM	1-session \$40	3-sessions \$112	6-sessions \$225	9-sessions \$325
<b>60 min Fees:</b>	YM	1-session \$30	3-sessions \$85	6-sessions \$168	9-sessions \$240
	PM	1-session \$50	3-sessions \$142	6-sessions \$285	9-sessions \$415

**Duo or Trio Program: Y Members Only** Have a custom routine designed for you and a friend or two. Your 1 hour routine will be designed for two to three friends so you can get the most out of your workout together at the same time.

1 Duo Session: \$40      1 Trio Session: \$50      Packages also available

### Fitness Profiles

**SKIN FOLD ANALYSIS:** Skin fold test will determine body fat percentage. Choose from either a 4 or 7 site test. If you are working to build body mass or are very athletic, this test is for you. Great for tracking strength training progress.

By Appointment Only

Fees: \$10 YM \$20 PM

**FITNESS TESTING:** Separate testing protocol for ages 15-60 and 60+ consisting of: Blood Pressure, Cardiovascular, Strength, Flexibility

By Appointment Only

Fees: FREE YM \$20 PM