

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

What is the right service for you?

	<u>Commit to be Fit</u>	<u>YMCA Lifestyle Center Equipment Orientation</u>	<u>YMCA Fitness Evaluation</u>	<u>YMCA Personal Trainer</u>
<u>Who Should Participate</u>	Individuals new to exercise or who have been unable to stick with a routine in the past; individuals recovering from an injury	Self-motivated people who want to learn how to use the cardiovascular and weight training equipment and get going on their exercise program	Anyone looking to obtain baseline measurement of physical fitness will receive a workout plan based on results from the evaluation	Individuals who have been exercising regularly but have reached a plateau or are looking for specific advanced fitness training
<u>Current Activity</u>	Beginner	Beginner to Advanced	Beginner to Advanced	Beginner to Advanced
<u>Features & Benefits</u>	<p>12-week program that includes weekly feedback, four one-on-one sessions with a coach, exercise instruction and separate exercise area.</p> <ul style="list-style-type: none"> • Easy way to get started and build a lifelong fitness habit • Personal attention • Focus on exercise for health and longevity • Beginner level group exercise class 	<p>One-on-one session with YMCA Lifestyle attendant</p> <ul style="list-style-type: none"> • Learn cardio equipment • Learn to use the Cybex Strength Training Circuit • Learn general exercise guidelines 	<p>One-on-one consultation with certified fitness specialist.</p> <ul style="list-style-type: none"> • Measures resting heart rate, blood pressure, body composition, cardiovascular endurance, upper body strength and flexibility • Excellent for measuring progress 	<p>One-on-one sessions with a certified personal trainer (this can be done in groups of 2 or more people too)</p> <ul style="list-style-type: none"> • Direct and immediate feedback from trainer ensures workout is as effective as possible • Measurements and goal-setting to help improve overall fitness level • Individualized program designed based on personal goals
<u>Individual Goals</u>	Wants to get in to the fitness habit	Wants to get acclimated to the facility and/or learn proper exercise techniques – self motivated	Wants to determine current fitness level and receive exercise consultation with specific exercise plan based on test results	Is generally committed to fitness and now has very specific health or fitness objectives they want help to achieve
<u>Cost</u>	FREE Members Only	FREE Members Only	\$15.00 Members Only	\$26.00/hour Members Only
<u>Value for the Cost</u>	Free with membership	Free with membership		