

YPERSONAL TRAINING™

We build strong kids, strong families, strong communities.

Your YMCA fitness team is dedicated to making your fitness experience pleasant and rewarding. **Join us for a free 1/2 hour orientation** to show you around the fitness center and demonstrate how to adjust the equipment to work for you.

Our YMCA Personal Trainers offer the following services for YMCA members and Non-Members alike!

The following programs are designed for any individual who sincerely wants to change their life style for the better. Committing to a new lifestyle that includes exercise can be difficult and many people appreciate the extra help and support a personal fitness trainer provides.



Health Risk and Assessment Testing

The results of the tests included in this session are helpful to anyone seeking to become healthier and to change their body. The tests establish a baseline, show if you are at risk for current and/or future health problems and help determine what health and fitness routine may benefit you the most. Testing includes an analysis of your resting heart rate, blood pressure, % of body fat, girth measurements, cardio respiratory fitness, muscular strength & endurance, and flexibility.

Personalized Fitness Prescriptions

These programs work well for individuals who are already committed to a healthy lifestyle but prefer individualized workout prescriptions. Includes a 1/2 hour health assessment and choice of 3 to 12 weeks of work out sessions. Please check with the front desk for pricing.

****Personal Training is not included with Fitness Prescriptions and can be purchased for an additional fee.***

Personal Fitness Training

Includes multiple health assessments and personalized fitness prescriptions both off site and gym based. Also includes supervised workouts, continual analysis and adjustments of your program as you advance toward your health and fitness goals.

****1/2 hour and 1 hour sessions available—please check the front desk for pricing.***

Group Fitness Training

This new program offers fitness training sessions for groups of 2-4 people. Now you can bring your friends with you to a fun and energetic session with your personal trainer!

****1/2 hour and 1 hour sessions available—please check the front desk for pricing.***

... don't forget!

YMCA OPEN GYM NIGHTS

Free to Members / \$5 Non-Members

Monday Night Basketball

Get your team together and take on all challengers. At YMCA Open Gym nights we stress honesty and respect....so call your own fouls!

6:30pm—8:30pm / High School +

Wednesday Night Volleyball

It can be hard to find good pick-up volleyball games around this area, it happens here at the YMCA every Wednesday night!

6:30pm—8:30pm / High School +

**** Please note that the Gymnasium will be closed for repairs from August 1– August 22. No Open Gyms will be offered during this time.***