

Health and Wellness Continued

Program	Description	Day	Time	Member Fee	Program Member Fee
<i>Y-Life Team Challenge</i>	If you would like to get motivated to exercise and learn how to make healthier lifestyle choices within a fun, team-oriented environment, then this popular 12-week program is for you. Participants will be teamed with other individuals and receive 24 group training sessions (over \$500 value!), fun group challenges and a thorough initial and final fitness assessment.	Saturdays	Training Session are by appt.	\$280 payment plans available	\$280 payment plans available
<i>Wedding Day Bootcamp 8-Week Training Program</i>	Calling all Brides & Grooms: a group fitness approach to help facilitate self-empowerment for your wedding day and the rest of your life. A structured step-by-step plan that will change your current lifestyle to a more active, satisfying and healthy life. We focus on how wellness makes one feel instead of the "Ideal Look," which is something you can share for a lifetime.	By Appointment	Buddy/Group rates apply Great Gift for Bride & Groom	\$20/\$15 1 hr session per person	\$40/\$30 1 hr session per person
<i>Kettle Bell Training</i>	A kettle bell is a traditional cast-iron weight that resembles a cannonball with a handle. A kettle bell workout can produce particularly impressive results in the legs, hips and shoulders, and help you use your body as a unit instead of individual parts for a complete work.	By Appointment	Buddy/Group rates apply	\$20/\$15 1 hr session per person	\$40/\$30 1 hr session per person
<i>Box Fit</i>	If you are looking for a good workout, our boxing program will provide it. A typical workout includes calisthenics, strength, agility and endurance training.	Tuesday Thursday Saturday	7:00-8:00 PM 7:00-8:00 PM 1:00-2:00 PM	\$58	\$116
<i>Stroller Strength</i>	Being a parent is hard enough. Getting a workout in just got easier. Moms and dads get strong, lean and energized with this group exercise program that includes your children. Come learn new exercise techniques that are designed to increase cardiovascular, and muscular strength & endurance.	Mondays Wednesdays Saturdays	10:00 AM 10:00 AM 8:00 AM Buddy/Group rates apply	\$20/\$15 1 hr session per person	\$40/\$30 1 hr session per person
<i>Women on Weights I</i>	Strength training - including weight lifting and the use of resistance equipment offers women a host of positive health benefits from increasing bone density and building strength to fighting heart disease. Plus, women can see results by strength training as little as twice a week.	Fridays Saturdays	9:30-10:30AM 8:00-9:00AM	\$58	\$116
<i>Women on Weight II</i>	Stuck in a rut with your strength workout? This is a class designed to educate and challenge. In this group style class, you will learn advanced techniques to enhance and challenge your current routine.	Saturdays	9:00-10:00AM	\$58	\$116
Group Cycling Classes					
NOTE:	Due to the popularity and to accommodate all of the members of the YMCA, members must register for classes up to one day before in order to reserve a bike. Newcomers, please come to class 5 minutes prior to class time for a brief bike orientation.				
<i>Cycle 101</i>	Learn how to set up your bike and take a short journey to help you prepare for a cycling class.	Tuesdays	9:15-10:15AM	Free	\$80 (1x/wk)
<i>Cycle Fit</i>	A dynamic, stationary, group cycling experience led by a specially trained instructor. For beginners and seasoned athletes. Cycle Fit classes will help strengthen and tone both body and mind.	Mondays Mondays Wednesdays Wednesdays	9:15-10:15AM 6:30-7:30PM 9:15-10:15AM 6:30-7:30PM	Free	\$80 (1x/wk) \$120(2x/wk)

