

Equipment Orientation

Learn how to use all of the fitness center equipment safely and effectively. Basic guidelines regarding frequency, intensity, time, sets and repetitions are provided. We provide the tools, you provide the motivation and hard work! Please sign up at the Welcome Center.

FREE TO ALL MEMBERS

Healthy Lifestyles

Healthy Lifestyles is a FREE program designed for members who would like some assistance in adhering to a workout regimen. Our fitness staff will meet with you 3-4 times over a 12 week period to give you direction for an overall balanced workout plan. This helps ensure future health and wellness success! You will receive information on proper use of selected machines, free weights, and cardiovascular training. Healthy Lifestyles is no substitute for personal training, but safety, proper form, frequency, and intensity of exercise will help you be a winner at meeting your goals!

FREE - Members Only

Fit Up

Have your health and wellness levels evaluated by one of our fitness specialists. Testing includes: cardiovascular conditioning, flexibility, strength, body composition, and blood pressure. Stop by the Welcome Center to schedule an appointment.

First Fit Check is FREE! (within 30 days of joining the Y)

Subsequent Fit Checks:

	\$28 Members	\$56 Program Members
Body Fat Only:	\$15 Members	\$30 Program Members

NEW!

Nutrition Detectives

Parents bring your kids – kids bring your parents! This class is designed to be interactive. You will learn how to find the ingredients in store bought foods that make them “red light foods” or “green light foods”, how to eat foods that offer nutrients to our bodies, how to better plan meals, and much more. Our nutrition advocates will break this down in 4 sessions (meeting every other week over 8 weeks) so you can make better informed decisions on healthy eating.

Fee: Winter 1 & 2

\$25 Members \$40 Program Member Families



Personal Training

Are you frustrated at your lack of progress from exercising? Have you lost your motivation? Our staff of Certified Personal Trainers can help. Our one-on-one approach will help you reach your fitness goals in the most innovative, efficient way possible. We will design a specific program for you to target your individual goals. Please stop by the Welcome Center and fill out a personal trainer request form, or call the Program Director for more details. Check out our qualified Personal Trainer profiles in the field house!

Fee:	(1) session:	\$45 Members	\$90 Program Members
	(4) sessions:	\$168 Members	\$336 Program Members
	(6) sessions:	\$240 Members	\$480 Program Members
	(12) sessions:	\$420 Members	\$840 Program Members

Buddy Personal Training

Double the fun when you have your best buddy working with you and your personal trainer. Get the same benefits of our individual personal training but do it with a friend.

For members only

Fee:	(6) sessions	\$310
	(12) sessions	\$500