



HEALTH AND WELLNESS

FALL & WINTER 2018

PERSONAL TRAINING

Our Personal Training programs are designed and administered on an individual or group basis by Certified Fitness Professionals. Experience the power of Y training and support. Register at Member Services.

PER SESSION PRICE STRUCTURE

CONSULTATION	INDIVIDUAL	GROUP (2-5 PEOPLE)
30 MINUTES	60 MINUTES	60 MINUTES
\$15 (M)	\$40/session (M)	\$30/session/person (M)
\$20 (NM)	\$50/session (NM)	\$40/session/person (NM)

MONTH-TO-MONTH PRICE STRUCTURE*

INDIVIDUAL	GROUP (2-5 PEOPLE)
60 MINUTES	60 MINUTES
\$105 base fee (M)	\$90/session/person (M)
\$120/session (NM)	\$105/session/person (NM)
\$30/add'l session (M)*	\$25/add'l session/person (M)*
\$35/ add'l session (NM)*	\$30/add'l session/person (NM)*

*Minimum of 3 sessions/month. Extra sessions will be charged the additional per session rate (below base fee) and billed on the next month's draft.

*Minimum of 3 month plan commitment required, no refunds.

NEW MEMBER JUMP START PERSONAL TRAINING PROGRAM

The Starter Kit is available for new members only within the first 30 days of becoming a member. This program may only be purchased once, but can help create a great plan to jump start your fitness routine. Includes a 30 minute consultation before the first session

3 Sessions for \$100 One Hour per Session

Y-FIT GROUP FITNESS

Our cutting edge *high intensity fitness program that combines compound lifts, weight training and endurance into one routine. You will shed body fat and increase your energy, speed and metabolism. Instructor: Brandon Hood

Friday Morning: 9:15am-10:15am

Fulton Y Members ONLY: \$45/month

SPECIALTY PROGRAMS

CARDIO, STRENGTH & CONDITIONING

These small group paid programs will mix things up to put a new spin on your fitness routine. See results by enhancing balance, strength, flexibility and agility. See the Wellness Coordinator for details.

WOMEN ON WEIGHTS (WOW)

This is a 6 week strength training class that will be tailored to fit the group and individual needs. Participants will be educated on proper form and how/ why lifting is important. Class meets for 1 hour, 2 days per week. **Members: \$65/Non Members: \$120** Pre-registration is required, 4 women per class.

Session Dates

September 3rd-October 11th

October 15th-November 22nd

November 26th-December 27th

TRX SUSPENSION TRAINING

Builds true functional strength while improving flexibility, balance, coordination, power, endurance and core stability. Suspension training utilizes your own bodyweight and gravity to execute each exercise.

Sessions are 30 minutes, by appointment only.
Members \$20/Non member \$30

Y-FIT JV AGES 12-16

Teaches fundamental exercises for all sports- push, pull, run, throw, climb, lift and jump. Coaches monitor movements to ensure safety with emphasis on form. Sessions are 1 hour long and are made by appointment only.

3 Sessions: \$60.00 member/ \$70.00 non-member

6 Sessions: \$110.00 member/ \$120.00 non-member

9 Sessions: \$165.00 member/ \$175.00 non-member

*Group Rates are also available, additional \$20.00 per child plus base rate.

*Packages are non-refundable



KIDDING AROUND YOGA CLASSES Member Benefit

This class is offered for 2 different age groups; 4-6 year olds and 7-12 year olds. The class is fun, high energy, original music plus it will incorporate all the traditional yoga class pieces; meditation, breathing techniques, poses and deep relaxation. Instructor Becky Craig

Ages 4-6 Tuesdays 4:45pm-5:15pm

Ages 7-12 Thursdays 4:45pm-5:30pm

Members: FREE! / Non members \$6 per class

KIDDING AROUND YOGA OPEN HOUSE FREE!

Saturday, September 15th

We are welcoming a new kids yoga program at our YMCA! Come in and join us for a sample Yoga Party Program! This hour will include 45 minutes of meditation, breathing techniques, songs and games with yoga poses. After their yoga class they will participate in a mindfulness craft.

Ages 4-6: 12:00pm-1:00pm and Ages 7-12 : 1:00pm-2:00pm

Registration required by Sept 8th. (15 maximum per class)

NEW! PARENT/CHILD YOGA CLASS Ages 5-12

Parenting is a balancing act. Throw in work, conflicting schedules, and attempts at any kind of self-care, and you are spinning what feel like multiple plates, juggling multiple balls, while walking on a tightrope! Join Yoga Instructor Becky Craig for a family centered yoga experience that you and your child will love.

October 7th, 14th, 21st and 28th (4 classes)

9:00am-10:00am

Member: \$20 per couple / Non member: \$40 per couple

Registration required by September 26th

RIEKI HEALING

This simple, non-invasive healing system works with the Higher Self of the Receiver to promote health and well being of the entire physical, emotional and spiritual body. Therefore it is truly a system of attaining and promoting wholeness of Mind, Body and Spirit. Reiki healing is a natural therapy that gently bal-

30 minutes Session		1 hour Session	
Member	\$15	Member	\$30
Non member	\$20	Non member	\$40

ances life energies and brings health and well being to the recipient. Usui Reiki Master: Kim Simmonds

MASSAGE THERAPY

Patricia Gonyea is a graduate from the Humanities Center School of Massage and is a fully licensed therapist. She provides a variety of services including clinical, sports and chair massage.

30 minutes Session		1 hour Session	
Member	\$30	Member	\$50
Non member	\$40	Non member	\$60

See the front desk for more information and to contact Patricia to schedule your massage.

NEW! MINDFUL MEDITATION

September 11th-October 30th

Many studies tout the benefits of mindfulness meditation including both physical and emotional. Join us for an 8 week course to learn how to mindfully meditate and apply it to your daily life for increased happiness and wellness. This class will be instructed by Kim Simmonds.

Tuesday Evenings 6:45pm-8:15pm

Member: \$30.00 / Non-member: \$50.00

Registration required by September 1st



CPR/AED/FIRST AID COURSE

FOR THE PROFESSIONAL

Heartsaver courses are designed for anyone with little or no medical training who needs a course completion card for a job, regulatory (for example, OSHA), or other requirements. These courses can also be taken by anyone who wants to be prepared for an emergency in any setting. For many Heartsaver courses, students receive a course completion card that is valid for 2 years.

September 15th 9:45am-12:00

October 13th 9:45am-12:00

November 10th 9:45am-12:00

Member \$50 / Non member \$75

Additional classes will be held please see Member Services for details.