



HEALTH AND WELLNESS

SPRING & SUMMER 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

Contact: Brea Goss, bgoss@fultonfamilyymca.org

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. Contact Brea Goss at bgoss@fultonfamilyymca.org

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, 4-5 women per class.

Session Dates

April 16th-May 24th

June 4th-July 12th

July 23rd-August 30th

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

NEW! FITNESS CENTER EQUIPMENT UPGRADE

We are excited to welcome new cardio equipment this Spring! This new equipment will offer our members several new upgrades.

- **Treadmills** have 15 inch touch screen technology with *Preva capability and Ground Effects® Impact Control System & Integrated Footplant Technology™ .
- **AMTs** also have 15 inch touch screen Open Stride lets you not only change the length of your stride but also the height, providing an infinite variety of motion paths. Go vertical and it's a stepper. Increase resistance and it's a climber. Then go more horizontal and walk, jog or sprint with a stride length that goes up to 36 inches.



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

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

Member Services can provide a business card with contact information.

YOUTH FITNESS CLASSES FREE

Encourage your kids to stay active as the weather gets cooler with our fun classes. Check our Fall schedules for dates/times.

- Obstacle Course Ages 3-4 and 5-10
- Ribbon Dance: Ages 5+
- Kids Dance Party 4+

Please note children under age 8 attending youth fitness classes

- **Elliptical Fitness Cross Trainer** offers Converging CrossRamp® technology and is adjustable between 10 and 35 degrees. Moving handlebars for a total body workout or fixed for just a lower body . LED console with easy-to-use interface, and essential workout features to keep users motivated.
- **Espresso HD Upright Bike** will keep you motivated with challenges, active resistance, motion control handlebars and a 23" HD display. We will also offer E-Live Plus service!

NEW! MINDFUL MEDITATION

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, registration required.

Tuesday Evenings 6:45pm-8:15pm
September 6th-October 23rd

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.

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.

April 14th	9:45am-11:45am
June TBA	9:45am-11:45am
September TBA	9:45am-11:45am

Member \$50 / Non member \$75

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