



HEALTH AND WELLNESS

FALL AND WINTER 2017

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

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

October 3rd-December 4th (No class Oct 17th & 31st)

Member \$30.00 / Non-member \$50.00

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 for details.

WOMEN ON WEIGHTS (WOW)

This 6 week introduction to weights. 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

Session Dates

Sept 18th-Nov 9th

Nov 20th-Dec 21st

Jan 2nd-Feb 12th

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

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.

- STIX Kids Fitness: Ages 3-5 and 6-10
- Ribbon Dance: Ages 5+
- Kids Dance Party 4+

Please note children under age 8 attending youth fitness classes

FREE WALK TO RUN SERIES

Ideal for brand-new runners, or those returning to the sport from injury or a long layoff. A run/walk program guides the athlete to a safe transition from non-running to running, or allows him or her to return to running successfully.

FALL Session Aug 28th - Dec 11th

LIVESTRONG AT THE YMCA

This 12-week exercise and group support program focuses on improving a survivors strength, fitness and quality of life. In addition to physical benefits, the program concentrates on the emotional well-being of survivors and their families. It provides a supportive community where people and families impacted by cancer can connect over and beyond the course of their medical care.

Fall Session September 25th-December 13th

Monday and Wednesday

11:00am-12:30pm

Contact Brea Goss at 315.598.9622 for more details or to register for the program.

This program is FREE! Member or Non member

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 \$25	Member \$50
Non member \$35	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.

September 23rd 9:45am-12:45

October 7th 9:45am-12:45

November TBA

Member \$50 / Non member \$75

NEW! WOMENS SELF DEFENSE COURSE

Syracuse Self-Defense LLC, lead by Instructor June Warden will take participants through a 3-hour course.

Wednesday, October 25th, 9:00am-12:00pm

Member \$25/Non member \$50

