



HEALTH AND WELLNESS

SPECIAL EVENTS PAGE

WOMEN ON WEIGHTS (W.O.W.) 8 week session

May 15th-July 6th*

A fun encouraging class that will allow the most advanced to the beginner students the chance to learn different techniques in getting fit in the weight room. This class is done in a small group setting, with our certified staff. (Class is limited to 4 participants)

MORNING SESSIONS

Tuesday and Thursday

9:30am-10:30am

Instructor: Brad Crofoot

Monday and Wednesday

Tuesday and Thursday

9:30am-10:30am

Instructor: Brandon Hood

EVENING SESSIONS

Monday and Wednesday

5:30pm-6:30pm

Instructor: Brad Crofoot

Tuesday and Thursday

5:15pm-6:15pm

Instructor: Cody Whelsky

Member: \$65.00 / Non member: \$120.00

Registration Opens: April 24th

*Additional day added for July 4th Holiday



RIVER RUN REVIVAL 5k walk/run and 8k run

Father's Day, Sunday June 18th, 8:30am

Kids Fun Run Begins at 8:00am

Registration Fee:

8k and 5k walk/run: \$25.00

Student Rate (K-12): \$15.00

Kids Fun Run (Up to 11 years): \$5.00

*T-shirts available until May 31st

Registration opens April 1st!

We are very excited to revive the River Run 8k course that will travel through Pollard Hills and onto Forest Ave! Join us for a morning of fitness and fun!



HEALTH AND WELLNESS CONTINUED

FAMILY WELLNESS HOURS

Ages 8-10

Youth can use the cardio equipment during our Special Family Wellness Hours! Children must be accompanied by a parent at all times while in the fitness center and on the adjacent cardio machine. For safety reasons, youth are allowed to use the cardio equipment only. Youth will receive a red wrist band from the Desk staff that they will wear each time they come in to work out.

Hours: 4:30pm-7:00pm Fridays
10:00am-1:00pm Saturdays

MASSAGE THERAPY

Spring Sessions

Massage therapy may be defined as systematic and scientific manipulations of body tissues for the purpose of affecting the nervous, muscular, visceral, circulatory, digestive and facial systems.

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

Rates: Members	1 hour	\$50.00
	½ hour	\$25.00
Non-Members	1 hour	\$60.00
	½ hour	\$35.00

REIKI HEALING

Spring Sessions

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 body.
Usui Reiki Master: Kim Simmonds

Members: 1 hour \$30.00/ ½ hour \$15.00
Non-members: 1 hour \$40.00/ ½ hour \$20.00

See Member Services for details.



LIVESTRONG®

FOUNDATION

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and LIVESTRONG have joined together to create LIVESTRONG at the YMCA, a research-based physical activity and well-being program designed to help cancer survivors achieve their holistic health goals.

Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind and body.

Fall Session: September 25th-December 13th

Monday and Wednesday 11:00am-12:30pm

Contact: Brea Goss 315-598-9622

bgoss@fultonfamilyymca.org

WALK TO RUN CLUB

April 10th-June 12th
2017



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

Monday Evenings 6:00pm-7:15pm

This program will meet 1 day per week and a weekly training schedule will be provided to all participants.

Instructor: Zach McQuaid

Free for Fulton YMCA Members

Non members \$5.00 per class

*Participants who attend 5 classes or more will receive \$5.00 off registration for the 2017 River Run!