



# HEALTH AND WELLNESS

## SPECIAL EVENTS PAGE



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

July 17th–September 7th and September 18th–November 9th

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 Friday

8:30am–9:30am

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: June 26th

### WALK AND RUN CLUB

June 19th–August 30th

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.

Are you a current Runner that would like to get more out of their training? This RUN CLUB is for you! Just like the walk to run, the Run Smarter Program will help improve your current pace.

Monday and Wednesday Evenings 6:00pm–7:15pm

This program will meet 2 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 week



# HEALTH AND WELLNESS CONTINUED

## CREATE A BETTER VERSION OF YOU Personal Training Special



July 1st-September 1st

Whether your goal is to lose weight, get stronger, improve your body composition or recover from injury, personal training can help achieve your goals!

3 Sessions for \$90.00 member/ \$110.00 non-member  
Purchase an optional half hour consultation for \$10.00  
Packages are non-refundable, sessions must be used September 31st.

## 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  
9:00am-12:00pm Sundays

## 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.



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](mailto:bgoss@fultonfamilyymca.org)

This 12 week program is FREE to our members and non-members!

## 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

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