

# Fitness & Wellness Information

Fall 1 2010 SESSION  
Sept 7-October 24



## GROUP EXERCISE CLASSES

*Get in Shape this fall!* Our group exercise classes are free for members. No Long term commitment is needed. Check out the group exercise schedule on-line or stop by the Framingham Branch for a copy and find something that works for you.

Lots of Group exercise classes available. From pilates, zumba, cycle to step there is something for everyone! Check out the group exercise schedule for class descriptions and times. All classes are included in your YMCA membership.

**\*Please note that the group exercise classes are for ages 16 plus. Non members pay \$108 per session code 01101-10. \*please note prices, reflect an 8 week session.**

The schedule and complete descriptions for the above classes can be viewed online at [www.metrowestymca.org](http://www.metrowestymca.org)  
> Programs > Group Exercise Schedule.pdf

Any comments or suggestions should be directed to **Laura Gilbert, Assistant Wellness Director** at x32 or email [lgilbert@metrowesymca.org](mailto:lgilbert@metrowesymca.org)

## Did you know about our Wellness Consultations & Equipment Orientations?

### WELLNESS CONSULTATIONS

A wellness consultation is a discussion with a Wellness staff team member about your fitness, health and well-being goals. Your consultant will ask you questions about your lifestyle, your previous experience with health and wellness activities, and what types of activities you do or might enjoy. You will work together to identify programs and activities at the Y that will help support you in reaching your goals. Your consultant will help you put together a plan to get started, get back on track, or move to the next level.

Wellness consultations usually take about 30-45 minutes. They can be scheduled at the Member Service Desk, or by contacting Lauren Buchan at Ext 70.

### EQUIPMENT ORIENTATION

An equipment orientation is a meeting with a Wellness staff team member to go over the safe and effective use of the Nautilus/Cyberx circuits, the cardiovascular equipment, and/or the Youth and Family Interactive Gym equipment. Your trainer will ask you which equipment you are interested in, and will ask you about your previous experience with fitness equipment. The trainer will discuss any health issues you may have as well as your health and well-being goals. They will review Wellness Center policies, and answer any questions you may have. Your trainer will set up a workout card for you so that you can keep track of your progress. New exercisers usually need two 45 minute appointments with a trainer. If you are already familiar and comfortable with our equipment, you may need only one shorter appointment to learn about any pieces of equipment that are new to you and to review our policies. Appointments are scheduled at the Member Service Desk.

## WELLNESS CENTER AGE LIMITS AND GUIDELINES

**Nautilus & Cardiovascular Room**  
Members 13 years and older

**Free Weight Area**  
Members 16 years and older, or Members 13 years or older who have completed YMCA Strength Training I

**Youth and Family Interactive Gym**  
Members may use this space during designated times.

*All members receive a free mandatory orientation - please contact the Member Service Desk to schedule an appointment. Individuals with medical considerations may be required to provide written medical clearance - please contact the Wellness Director for more information. Consult your health care provider before beginning any new exercise program.*

## NUTRITION COUNSELING FOR MEMBERS ONLY

### Nutrition by Appointment

Conducted by Lisa Brown PhD, RD (registered dietitian). To schedule an appointment, please stop by the Member Service Desk or call 508-879-4420.

### Comprehensive Nutritional Evaluation

Includes an 1 hour initial consultation and 1 hour follow-up. Your evaluation includes nutrition assessment, food record analysis and individual goal setting.

**Consultation & 1hour follow-up: \$77 members**

### Additional Follow-up

For the member who would like continued one-on-one support for their nutritional and weight management.

**Food Record Analysis: \$22/ 1/2 hr Follow-up Visit: \$22**

## BALLET BOOT CAMP

This class allows you to get all the benefits of taking ballet without the stuffy leotard or bun! Join us as we practice traditional and non traditional ballet, barre, and floor barre, exercises to a wide variety of upbeat music. Please come dressed in comfortable clothing. Open to ages 16+ **\$47 members/\$95 non-members**

Thursdays.....12:00.....1:00 pm.....01201-43.....

## Your way to a 5K class

New to running or want to get started running? This program will help you get started and accomplish your goal of running a 5k (3.1 miles). This class will meet once a week with the guidance of personal trainer, running outside of class time is strongly encouraged. Meet other runners and accomplish your 5K goal together. Most classes will take place outside. **\$49 members /\$95 non members**

Tuesday.....5:30-6:30 pm.....01102-29

## YOUTH WELLNESS

### ZUMBA FOR KIDS!



Kids love to crank up the music, shake, wiggle and have a blast with their friends. So why not get fit while they're at it?

In our 45 minute class we'll get those ZUMBA® FOR KIDS bodies moving with a fun warm-up! We'll then move from song to song with the best ZumbAtonic® music and routines. Dress children in comfortable clothing, with socks & shoes.

**\$47 members /\$95 non members**

**Ages 4-8 with Cheryl**  
Saturday..... 9:30-10:15am.....01101-61

**Ages 9-12 with Claudia**  
Wednesday..... 5:15-6:00pm.....01101-34

Please register at the member service desk. Classes run from September 7th –October 24th

For more information please contact Lauren Gilbert, Assistant Wellness Director, at 508 879 4420 Extt.32 or lgilbert@metrowestymca.org

### STRENGTH TRAINING 1

**Ages 13 – 15 years old**

Perfect for the High School athlete or any teen ready to step up their workouts! This program is designed to introduce teens to all area of exercise including, strength training, cardiovascular conditioning and free weights. This program will focus on proper form and basic anatomy of the muscular skeletal system.

Teens that successfully complete this 8-week program will be awarded a certificate of completion, allowing them to use the free weight area independently.

**\$47 members /\$95 non members**

Tues/Thurs..... 4:00 - 4:45 pm..... 01102-22

### STRENGTH TRAINING 2

**Ages 13 – 15 years old**

Designed for the Teen who has completed Strength Training 1 and are looking to advance their workouts. This class will take place primarily in the free weight areas.

**\$47 members /\$95 non members**

Tues/Thurs..... 4:00-4:45 pm..... 01102-20

### Speed, Strength, & Conditioning

Perfect for youth ages 13 - 18 who are preparing for an upcoming sports season. This program is designed to help athletes develop power, quickness, speed, and agility. Strength and conditioning programs increase sports performance by improving overall fitness and reducing the incidence of injury.

**ALL LEVELS & SPORTS WELCOME**

**\$47 members /\$95 non members**

Wed/Fri..... 4:00-4:45 pm..... 01102-38

### STRONG KIDS, HEALTHY KIDS AGES 6-8

Come and explore the area of wellness. Each week your child will explore a different area of physical activity and nutrition through fun and engaging games. This class will inspire your child to lead a healthy lifestyle. This class promotes wellness by making physical activity and nutrition fun! **\$47 members /\$95 non members**

Mon/Wed..... 3:45-4:30 pm..... 01102-17

### Kick'in Cardio Kids Ages 9-12

Join the fun in our NEW Youth & Family Interactive Gym and get fit by learning how to properly use our new VR-1 Cybex equipment, new cardio equipment, Dance Dance Revolution and MORE! **Free for members / \$95 non-members**  
**\*Sign up for a maximum of 2 classes.**

**\*Parents must sign children in and out of class.**

#### CARDIO KIDS (9-12 yrs old)

Monday	3:45-4:30 pm	01102-15
Monday	4:45-5:30 pm	01102-12
Tuesday	3:45-4:30 pm	01102-25
Tuesday	4:45-5:30 pm	01102-26
Wednesday	3:45-4:30 pm	01102-31
Wednesday	4:45-5:30 pm	01102-32
Thursday	3:45-4:30 pm	01102-43
Thursday	4:45-5:30 pm	01102-42
Friday	3:45-4:30 pm	01102-51

### Basic Martial Arts Program

Mark Lehman *2nd degree Black Belt*  
Michael Collins *1st degree Black Belt*  
*Certified Black belt Instructors*

This Program emphasizes personal character development of each student through Martial Arts movements. The program stresses the martial arts rules-respect, self-discipline, and self control that students need to be leaders in the community. The students learn to be confident in their actions by learning basic punch and kick moves to more complex movements. They will also learn the responsibility of his or her newfound power. Your child will have fun, and you'll be pleased to see how quickly and eagerly they respond to the discipline of the martial arts. **Students should wear sneakers to class. \$47 members /\$95 non members**

Children Ages 4-7 Saturday 2:00-2:30pm..... 01205-62  
Children Ages 8-13 Saturday 2:30-3:00pm..... 01205-63

**\*Advance class members who have taken 3 or more sessions**

**\*\$47 members /\$95 non members**

All ages..... Saturday 3:15- 4:00pm..... 01205-61

### ATTENTION MEMBERS!

The pool, gymnasium and other program rooms will be closed August 30-September 6 for our annual maintenance and repairs. **The Wellness Center will remain open during this time.**

**SPIRIT, MIND AND BODY**

**YOGA**

Drop-in Yoga will be offered for classes that have not filled. Call the Member Service Desk at 508-879-4420 for class availability.

**All Yoga Classes listed below are:  
\$25 members / \$130 non-members for the session.**

**Slow Flow Yoga with Daphne**

Come reconnect with your body and mind. Simple step-by-step verbal cues will allow you to enter into poses gradually working at your own pace in coordination with breath and movement.

Sunday..... 8:15 - 9:30 am..... 01201-71

**Gentle "Hatha" Yoga with Debra**

The class moves through gentle yet strengthening postures and breathing exercises so you become more centered in your body and learn to relax

Monday..... 7:15 - 8:30 pm..... 01201-11  
Wednesday..... 7:50 - 9:05 pm..... 01201-31

**Yoga and Mindfulness with Daphne**

Asana yoga practice to reconnect with your body and mind, moving at your own pace into poses with mindfulness of breathing and movement. This class will dedicate more time to introduce and practice mindfulness.

Monday..... 9:15 - 10:30 am..... 01201-19

**Simply Yoga with Joe**

If you have never tried yoga or are experienced in yoga, Joe's class will help you open doors to various types of yoga to help you relax and rejuvenate.

Monday..... 12:00 - 1:00 pm..... 01201-10

**Yoga for Back Health with Daphne**

Yoga class with a set of awareness exercises to help you learn more about your back. You will practice modified yoga poses to strengthen and gently stretch the neck, shoulders, upper and lower back, hips, and knees.

Tuesday..... 10:30 - 11:30 am..... 01201-21

**Power Yoga, with Sharon**

In this class you will learn the basics of vinyasa yoga with power movements. You will also explore more challenging postures as the session progresses. All levels welcomed as this class moves from beginning power yoga poses into intermediate poses.

Wednesday..... 9:30 - 10:30 am..... 01201-32

**Power Flow Yoga, with Joe**

This class is athletic form of yoga that sculpts strong healthy bodies, allowing students to tap into their core strength and realize their full potential on all levels.

Wednesday..... 11:45 - 1:00 pm..... 01201-33

**Seven Spiritual Laws of Yoga as taught by Deepak Chopra, with Karen** Come learn Deepak Chopra's seven spiritual laws of yoga. Benefits of this class include increased flexibility, balance, muscle tone, endurance and vitality.

Thursday..... 5:00 - 6:00 pm..... 01201-41

**Power Yoga, with Eileen**

In this class you will learn the basics of vinyasa yoga with power movements. You will also explore more challenging postures as the session progresses. All levels welcomed as this class moves from beginning power yoga poses into intermediate poses.

Saturday..... 7:05 - 8:00 am..... 01201-62

**SPECIALTY PROGRAMS**

**Kettlebell & Total Body Strength**

New to Kettlebells? Want a total body workout? Join Greg with a small group in the wellness center for this new and exciting class. **\$47 members / \$95 non members**

Tuesday..... 9:00-9:45 am..... 01101-23

**Mom's & Dad's Club**

Take time for yourself in this "moms only", 60 minutes class in our new Youth & Family Interactive Gym, with the guidance of a personal trainer. Meet other moms, share stories and explore options to increase stamina and build strength. Children under 10 months, who are confined to a rocker or stroller welcomed.

**\$47 members / \$95 non members**

Mon/Wed..... 9:15 - 10:15 am..... 01301-41

**Postpartum Aerobics**

Join other moms and babies for a workout and discussion. The first 60 minutes will consist of a low impact workout, while the last ten minutes will be a discussion on postpartum issues. This is a great way to gain a support system and a body that is healthy, strong and fit! Babies 10 months and under are welcome in class.

**Free for members / \$95 non-members**

Mon/ Fri..... 10:20 - 11:30am..... 01101-11

**Cardio Mom's & Dad's**

A follow up to New Mom's Club, and an alternative to Postpartum Aerobics. **Mom's/Dad's with infants under 10 months are invited to work-out independently in the Youth and Family Interactive gym any time of the day and week as long as there is not a class going on in the designated area.** Infants must be in a rocker or stroller. (We ask that you comfort a crying or fussy baby outside the Wellness Center). There is a schedule for this room, and it is available at the Member Service Desk.

**Women on Weights 1**

An introduction to weight training in the free weight room. Learn safe exercises for the entire body with an emphasis on form and alignment. **\$41 members / \$81 non-members**

Monday..... 9:15 - 10:15 am..... 01301-13

**Women on Weights 2**

The next step for women who have completed Women on Weights 1, or for those who have some basic experience in the weight room and would like some company and some new ideas. **\$41 members / \$81 non-members**

Monday..... 10:30 - 11:30 am..... 01101-15

**Tai Chi and Meditation with Lee Taylor & Jon Woodward**

Tai Chi is a series of slow graceful movements designed to release tension and improve energy in the body. Tai Chi unifies the mind, body, and spirit with deep breathing and mindfulness practice which promotes good health and creates a deep sense of relaxation and overall well being.

**\*Each class has one hour of instruction and both classes will meditate from 7:15 - 7:30pm**

**Classes: \$47 members / \$95 non-members**

**Level 1 with Jon**

Thursday..... 6:15 - 7:30 pm..... 01206-41

**Level 2 & 3 with Lee**

Thursday..... 7:15 - 8:30 pm..... 01206-42

## PERSONALIZED FITNESS PROGRAMS FOR MEMBERS ONLY

### Personal Training

Need someone to develop a realistic exercise plan for you and keep you motivated? A YMCA Certified Personal Trainer will help you get the most from your exercise routine. Trainers are certified through nationally recognized organizations including American College of Sports Medicine, American Council on Exercise, Aerobics and Fitness Association of America, National Strength and Conditioning Association and the YMCA of the USA. Invest in your future by working one-on-one with one of our dynamic trainers!

<b>30 Minute Session</b>	<b>1- Hour Session</b>
30-Minute Session/ \$24	1-Hour Session/ \$37
5 Sessions/ \$110	5 Sessions/ \$175
10 Sessions/ \$200	10 Sessions/ \$330

### Semi Private Personal Training

For the members who need the extra support and motivation to reach their fitness goals. This two-on-one training is for members only. **Each session is ONE HOUR. The following prices are paid in full by EACH member.**  
 1 Session: \$28 each member  
 5 Sessions: \$131 each member  
 10 Sessions: \$250 each member

### Starter Fitness

For members who would like to continue one-on-one support while training on the Strength Training Circuit. This will also include extra support while using the cardiovascular equipment. Each package includes eight 35- minute session with a Personal Trainer. **8 sessions/ \$54.00**

### In it to lose it Couples Challenge

Sept 7th-Oct 24th

**Grab your partner, wife, husband, sibling, or friend and work together to get fit and trim!**

**SIGN UP INFORMATION:** Please note: Sign up is done via Lauren Buchan in the Wellness Department ONLY! Sign up is limited and on a first come basis.

- Starting August 2, 2010 contact Lauren Buchan, Wellness Director, to sign up. She can be reached by telephone at 508-879-4420 Ext.70 or lbuchan@metrowestymca.org.
- If you would like to participate, but do not have a team-mate contact Lauren to be matched with someone.
- Program cost is \$54.00 members/ \$108 non members per person and is only paid after speaking with Lauren.

**PROGRAM DETAILS**

- Meet with a trainer 1 or 2 times a week. (Times are TBD , but will consist of early morning to evenings times.) You do not have to stay with the same time each week!
- Weekly weigh in and body fat percentages.
- Your trainers will guide you through various cardiovascular and strength training exercises to help you reach your fitness goals.
- The couple with the highest percentage weight loss will be the BIGGEST WINNER!**

**KICKOFF MEETING FOR INITIAL WEIGH-INS AND TRAINER INTRODUCTIONS TUESDAY 8/31/10 @ 6pm**

## BEGINNERS FITNESS

### JumpStart Fitness

JumpStart your fitness with this great beginners program! Under the supervision of a trainer learn how to properly use all strength and cardio equipment over the course of this 8-week program. You will have the opportunity to explore exercise options, ask questions and meet other beginning exercisers! Get the support you need to get started! **\$47 members/ \$95 non-members**

Tues/Thurs	7:15	-8:15 pm	01102-23
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### Beginners Club

New to the YMCA? New to exercise? This will be perfect for you! Come join Laura in this 45 minute workout. This nine week session is designed to help you become comfortable and learn proper form and different exercise techniques. Its also a great way to meet new people. **Free for members / \$95 non members.** Class meets in the Aerobics Room.  
**Wednesday.....10:30-11:15am.....01101-31.**

## SENIOR WELLNESS

### A Matter Of Balance

**NEW** Many seniors experience fear of falling and restrict their activities. This class emphasizes practical strategies to reduce this fear and increase activity levels. Participants gain increased sense of control over falls and fear of falling, develop realistic goals to increase activity, change their environment to reduce fall risk factors and exercise to increase strength and balance. A Matter of Balance is a nationally recognized program that was developed at Boston University, and is offered at the Y through a collaboration with BayPath Elder Services. **This class will meet twice a week for 4 weeks starting September 22.**

**Free for members/ \$25 nonmembers**

Mon/Wed	1:00	-	3:00 am	01102-14
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### Senior Nautilus

For eight consecutive weeks, you will have personalized instruction in the Nautilus/Cardiovascular Center. You will meet once or twice each week with a trainer on the use of the strength training circuit. To schedule a consultation, please call 508-879-4420. **First 8-week session is FREE to members!**

### SUPER Senior Fitness!

A group program designed for seniors consisting of low impact aerobics and exercise to maintain flexibility, balance, muscle strength and endurance. Register for both or just, but come have fun with friends! Classes will be in the Aerobics room, and Friday is Zumba Gold.

**Free for members/ \$108 non-members**

Tues/Thurs	10:30	-	11:30 am	01102-21
Friday	10:430	-	11:35 am	01102-31

