

Fitness & Wellness Information

Spring 1 2010 SESSION
Feb 22-April 18



Get in shape this spring! Our group exercise classes are free for members. No long term commitment is needed. Check out the **group exercise schedule on online**, or stop by the Framingham Branch for a copy, and find something that works for you. **\$108 Non-members Code 01101-10** *Please note, prices reflect a 6 week session

GROUP EXERCISE CLASSES

Pilates 60 minutes

Using controlled movements focusing on the "core" muscles to increase total body strength and flexibility. This class is usually done in the form of mat exercises. **Pilates Fusion 60 minutes** is a combination of pilates, stretching, and yoga movements focusing on concentration, total body control, strength and flexibility

Core Dynamics 50 minutes

Take your core work off the mat and into a vertical position. A combination of standing pilates exercises and dynamic flowing sequences will challenge your core and lower body musculature, as well as balance. Leave your workout shoes at home; this class will be done barefoot. Appropriate for all fitness levels.

A. B. C & More 30 minutes

Abs, Back, Core and MORE! This class will help you target your midsection with various strength exercises!

Punk Rope 60 Minutes

This playful fitness class is set to the sounds of PUNK music! This class embraces interval training with bouts of jumping rope and strength training. If you are ready to take your workouts to the next level join in and rock out! Jump ropes will be provided.

Zumba!!! 60 minutes

ZUMBA is a fusion of Latin and International music & dance themes that create a dynamic, exciting, effective fitness system – AND IT'S FUN!! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of easy to follow dance steps with body sculpting movements.

Body Sculpting 60 minutes

Warm-up, stretch and muscle conditioning for all the major muscle groups using free weights, bands, and your own body weight for resistance. All fitness levels welcome!

Cardio Kickbox 60 minutes

High intensity, high impact class combining kicks, punches and calisthenics and jump roping. Recommended for intermediate to advanced level participants; however, previous experience in traditional aerobics is not necessary.

Cardio Grab Bag 60 minutes

This class is designed to keep the student motivated by changing exercises performed each class. This class will incorporate gliding, steps, slides and resistance training to maintain an overall cardio workout.

Step 60 minutes

Step patterns include basic moves as well as more advanced choreography.

Step Interval & Sculpt 75 minutes A 30-minute step workout followed with muscle conditioning, core training and flexibility

Step Cross Training 75 minutes

combines a step workout with a variety of cardiovascular and strengthening exercises.

Step Around The World 60 Minutes

Join in on a step journey set to World Beat/international-flavored music and featuring intermediate, tap-free choreography with style. Options are offered at various skill levels, enabling participants to simplify or add complexity to moves. Previous step experience recommended. Class members also have the opportunity to collect recipes from around the world.

Circuit 60 minutes

High intensity aerobic drills utilizing cycle, slide, and aerobics alternating with strength exercises and core work

TurboKick 60 minutes

TurboKick combines Aerobics, Martial Arts and Dance to create a high energy workout! TurboKick is complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing, specific/endurance training and a Tai-Chi like cool down. Come Punch, Kick, and Boogie to upbeat music and Turbo-up your workout.

Indoor Cycle 60 minutes

A group cardiovascular workout conducted to music on stationary cycles. Space is limited, please check at member service desk for space availability prior to class.

Low Impact 60 minutes

"Traditional" aerobics based in low impact cardio workout, followed by muscle conditioning, abdominal exercises and stretching.

Senior Fitness 60 minutes

Low impact aerobics followed by muscle conditioning, flexibility and balance using bands, balls, gliding disks and fine motor skill objects.

20/20/20 75 minutes

Appropriate for most fitness levels this Hi to Lo intensity class uses fast to slow movements with muscle conditioning, and ends with abdominal work and stretching.

The schedule for the above classes can be viewed online at www.metrowestymca.org > Programs > Group Exercise Schedule.pdf

Any comments or suggestions should be directed to Laura Zimmerman, Assistant Wellness Director at x32 or email lzimmerman@metrowestymca.org

YOUTH WELLNESS

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.

CAPOEIRA

A Brazilian Martial Art. Capoeira blends elements of dance, music, rituals, acrobatics, and martial arts. Although martial arts is incorporated, many call Capoeira a game. Capoeira is a fun and exciting art form that is "played", not fought!

\$54 members/\$108 non-members

FRIDAYS

Ages 5-8	4:00-4:45 pm	01205-51
Ages 9-12	4:45-5:30 pm	01205-52

SATURDAYS

Ages 5-7	10:00-10:45 am	01205-64
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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.

\$54 members/\$108 non-members

Tues/Thurs	5:00 -5:45 pm	01102-22
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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.

\$54 members/\$108 non-members

Tues/Thurs	4:15-5:00pm	01102-28
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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! **\$54 members/\$108 non-members**

Wednesdays	4:00-4:45 pm	01102-33
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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 / \$108 non-members**

Sign up for a maximum of 2 classes

CARDIO KIDS (9-12 yrs old)

Monday	3:45-4:30pm	01102-15
Monday	4:45-5:30pm	01102-12
Tuesday	4:15-5:00pm	01102-26
Wednesday	3:45-4:30pm	01102-31
Wednesday	4:45-5:30pm	01102-32
Thursday	4:15-5:00pm	01102-42

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. \$54 members/\$108 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

***\$54 members/\$108 non-members**

All ages	Saturday 3:15- 4:00pm	01205-61
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CARDIO FAMILIES!

CardioFamilies is a drop-in program held in the Youth and Family Interactive Gym for families who would like to exercise together. It is open to children ages 9 – 12 who are accompanied by their parents. The Youth and Family Interactive Gym is available to CardioFamily participants during all regular building hours except for when Specialty Classes are held.

Children must have participated in CardioKids or complete an orientation with a MetroWest YMCA Wellness Instructor. Parents are responsible for supervising their children, and must remain in the Youth and Family Interactive Gym with their children. Children must carry their work-out card with them at all times. **To schedule an orientation**, please see the Member Service Staff. If you have additional questions, please contact Lauren Buchan, Wellness Director, at (508) 879-4420 Ext 70

SPIRIT, MIND AND BODY

HATHA YOGA

Reduced fee for Yoga--members only

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

\$11 members/ \$21 non-members per class

Gentle Hatha Yoga Monday, Wednesday with Debra, Thursday with TBD

Reconnect to your body, become centered, and learn to relax, by moving through gentle yet strengthening postures and breathing exercises.

\$25 members/\$130 non-members

Monday	7:15 - 8:30 pm	01201-11
Wednesday	7:50 - 9:05 pm	01201-31
Thursday	5:00 - 6:00 pm	01201-41

Simply Yoga

Monday with Joe

Want to try yoga, but not sure which kind? Try Simple Yoga, this yoga class will open doors to various types of yoga and help you to relax and rejuvenate.



Class \$25 members / \$130 non-members

Monday	12:00 - 1:00 pm	01201-10
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Power Yoga, with Joe

An 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. The perfect blend of sweat and serenity. Come ignite your spirit. **\$25 members/ \$130 non-members**



Wednesday	12:00 - 1:00 pm	01201-33
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Sunday Slow Flow Yoga, with Daphne

Postures focusing on balance and flexibility through providing students with correct alignment instructor for safety, energy flow, mental and physical well being. All Levels Welcome! **\$25 members/ \$130 non-members**

Sunday	8:15 - 9:30 am	01201-71
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Yoga for the Back, with Daphne

Eight out of ten people will experience back pain at some time in their lives. Learn a set of yoga tools to treat back pain, using yoga sequences for the low back, sacrum, hips, knees, and ankles. You will take home a practical and proven approach to healing back pain. **\$25 members/ \$130 non-members**

Tuesday	10:30 - 11:30 am	01201-21
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Yoga and Mindfulness (YAM) in Everyday Life, with Daphne

Enjoy slow flow yoga and mindfulness while learning to combine breathing with movement, and explore different ways of incorporating mindfulness in our everyday life. **\$25 members/ \$130 non-members**

Monday	9:15 - 10:30 am	01201-19
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NEW Gentle Flow yoga with Daphne

A gentle yet invigorating yoga practice which combines flowing yoga poses with alignment and an open heart. Appropriate for all levels. **\$25 members/ \$130 non-members**

Thursday	10:30 - 11:30 am	01201-42
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SPIRIT MIND BODY

CORE DYNAMICS w/ JANE

Take your core work off the mat and into a vertical position. A combination of Standing Pilates exercises and dynamic flowing sequences will challenge your core and lower body musculature, as well as balance. Leave your workout shoes at home; this class will be done barefoot! Appropriate for all fitness levels. This class can help anyone improve their balance from the "unbalanced" to athletes! **Free to members/ \$108 members**

Tuesday	7:45 - 8:45 pm	01302-23
Saturday	8:00 - 8:50 am	01302-61

Tai Chi and Meditation with Lee Taylor

Tai Chi is a series of slow, graceful movements designed to release tension and improve the flow of energy through the body. Combined with deep breathing and mindfulness, tai chi practice unifies the mind, body and spirit – promoting good health and creating a deep sense of relaxation and well being. This class will include 1 hour of instruction and will close with 15 minutes of meditation. Both classes will meditate from 7:15-7:30pm

Classes: \$54 members/\$108 non-members

Level 1

Thursday	6:15 - 7:30 pm	01206-41
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Level 2&3

Thursday	7:15 - 8:30 pm	01206-42
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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 & 1 hour 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

SENIOR WELLNESS

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	10:45 - 11:45 am	01102-31

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!

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

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**

MetroWest YMCA In It To Lose It! Team Fitness Challenge

Work together with other YMCA members and staff to trim down and get ready for summer!

Here how it works:

1. Register for In It To Lose It!
2. You will be placed on a team
3. Each team will have a Trainer
4. Check in with your Trainer
- 5 Your Trainer will help guide your team to reach their fitness goals
6. Be the first team to reach their goals and be the Biggest Loser!

Kick-off and team meeting

Monday, February 22 at 7:00pm

Super Fit Celebration: TBA

Workout dates and times will be decided on by the team and trainer.

\$54 members/ \$108 nonmembers Code: 01206-44

For more info contact Lauren Buchan, Wellness Director at (508) 879-4420 x70

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! **\$54 members/ \$108 non-members**

Tues/Thurs 7:15 -8:15 pm 01102-23

SPECIALTY PROGRAMS

New Moms 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. **\$54 members/ \$108 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 consists 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/ \$108 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. Infants must be in a rocker or stroller. (We ask that you comfort a crying or fussy baby outside the Wellness Center).

MEMBERS ONLY-FREE

Cardio Mom's/Dad's Hours-

Monday and Wednesdays 10:15am-2pm

Tuesday, Thursday, and Fridays 8am-2pm

NEW Weight Management Group

This class is designed to give you the support and information that you need to achieve a balanced healthy lifestyle and successful weight management. Each week a discussion will be led covering a different topic on nutrition, exercise or lifestyle. Weigh-ins will be optional. Participants will also have the option of taking advantage of personal training and body composition assessment as part of the program. If you have further questions, please contact Lauren Buchan at (508) 879-4420 Ext 70 or lbuchan@metrowestymca.org.

Free for members/ \$108 non-members

Thursday 6:00 – 7:00 pm 01301-42

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. **\$54 members / \$108 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. **\$54 members / \$108 non-members**

Monday 10:30 – 11:30 am 01101-15