

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 with Debra Galloway

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

\$22 members/\$112 non-members

Monday 7:15 - 8:30 pm 01201-11

Power Yoga Wednesday with Joe Scianna, Saturday with Caroline

An amazing form of fitness 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.

Wed Class \$25 members / \$128 non-members

Sat Class \$22 members / \$112 non-members

Wednesday 7:30 - 9:00 pm 01201-31

Saturday 9:00 am - 10:30 am 01201-61

Noon Time Yoga with Joe Scianna

Take a break and tap into your inner self and reconnect with your body this class is great for all levels and will allow you to finish the day feelings refreshed.

Class \$25 members/\$128 non-members

Wednesday 12:00 - 1:00 pm 01201-33

Sivananda Yoga w/ Shakti

Find a peaceful place within yourself with Sivananda yoga. This class focuses primarily on floor work with some standing and balance poses. The movements are relaxing and invigorating, using and stretching muscles throughout the body! **\$25 members/ \$128 nonmembers**

Friday 7:30 - 8:45 am 01201-53

FITNESS BY APPOINTMENT

To schedule an appointment, call 508-879-4420 x 32.

Starter Strength & Fitness

For the member who would like extra one-on-one support in the nautilus circuit and the cardiovascular center.

Eight (8) lessons: \$54 members only

Body Composition Profile

Measures percentage of body fat through a 7-site skinfold assessment. **Initial profile is \$14 members/\$26 non-members, follow-up profiles are \$6.**

Personal Training-Members only

For members who want the continued support and motivation of a personal trainer. **1 hour: \$37**

SPIRIT, MIND, BODY

GOOD NEWS!

Pilates classes are now FREE to members. Participation will be drop-in on a first-come, first-serve basis. **Non-members may register for \$107 per class per 8 week session, or pay \$15 per class to drop in. For up to date pilates classes see the group exercise schedule online at www.metrowestymca.org**

Intro to Pilates Workshop

Learn the fundamentals of the Pilates method in two classes. Jane will give you a thorough understanding of the concepts, postures, and breathing that are essential to a safe and effective Pilates workout. **\$30 non-members**

Tuesdays:

May 6/13 8:00 - 9:00 pm 01302-24

June 3/10 8:00 - 9:00 pm 01302-25

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. **Classes: \$54 members/\$107 non-members**

Thursday 7:15 - 8:30 pm 01206-41

SENIOR WELLNESS

Senior Fitness

A group program designed for seniors consisting of low impact aerobics and exercises to improve and maintain flexibility, balance, muscle strength and endurance. **FREE to members! \$55 non-members**

Tues/Thurs/Fri 10:30 - 11:30 am 01102-21

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!**

SPECIALTY PROGRAMS

Prenatal Aerobics

Low-impact aerobics and muscle conditioning designed for the pregnant woman. Pregnancy issues will be discussed at the end of each class; class provides a strong support system. **\$54 members/\$107 non-members**
 Wed 6:00 - 7:00 pm 01101-31

Postpartum Aerobics

60-minute workout and 10-minute informal discussion of postpartum issues. A great way to gain a support system and a body that is healthy, strong and fit. Babies 10 month and under welcome in class. **\$Free for members/\$94 non-members**

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

Women on Weights

A weight training class in the free weight room. You will learn safe exercises for the entire body with an emphasis on form and alignment.

Thursday 9:00 - 10:00 am 01101-41

NUTRITION COUNSELING FOR MEMBERS ONLY

Nutrition by Appointment

Conducted by Lisa Brown MS, 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.

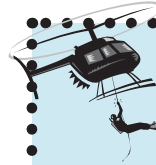
Food Record Analysis: \$22/ 1/2 hr Follow-up Visit: \$22

NAUTILUS & CARDIOVASCULAR ROOM

MEMBERS 13 YEARS AND OLDER

The Nautilus/Cardiovascular Room offers a variety of equipment that will provide a cardiovascular (aerobic) workout and a strength/endurance workout. You may choose to base your fitness program entirely in the Nautilus/Cardiovascular Room, or combine it with the many other classes and activities offered at the Y.

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 Fitness Director for more information. Consult your health care provider before beginning any new exercise program.



RECON CHALLENGE

May 3, 2008 3:00 - 6:00pm

MetroWest YMCA - Framingham Branch

\$80/ per team of FOUR (prior April 1st)

\$100/ per team of FOUR (after April 1st)

(Entry fee includes t-shirt and warrior's post-meal)

Code: 01101-51

MISSION: Push your team to the limit through these five missions, including; Lap swim relay, rope climb, 5k run, push up and sit up timed maximum.

For more information contact Loren Glasson, Wellness Director at lglasson@metrowestymca.org or (508) 879 - 4420x 32

BURN IT UP-BOOT CAMP

A 1-hour intense outdoor military-style program incorporating drills such as, running, jumping jacks, push-ups, squats, sit-ups, plyometrics and agility training. Rock out outside during the 1-hour workout and get rock hard! Class space is limited! **\$47 members/\$94 non-members**

Thursday 5:30-6:30 pm 01205-21



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

Thursday May 1 7:00pm

Super Fit Celebration

Thursday June 19 7:00pm

Workout dates and times will be decided on by the team and trainer. \$25 members/ \$128 nonmembers For more info contact Loren Glasson, Wellness Director at lglasson@metrowestymca.org