

## 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.

1. 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.
2. If you would like to participate, but do not have a team-mate contact Lauren to be matched with someone.
3. Program cost is \$54.00 members/ \$108 non members per person and is only paid after speaking with Lauren.

### PROGRAM DETAILS

1. 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!
2. Weekly weigh in and body fat percentages.
3. Your trainers will guide you through various cardiovascular and strength training exercises to help you reach your fitness goals.
4. **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

### 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

### 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

