

HEALTHY LIVING

Adult Health, Well-being & Fitness Programs

SPIRIT, MIND & BODY CLASSES

All Yoga Classes listed below are:
Sat, Sun, Mon Classes \$26 members/\$138 non members
Tues-Friday Classes are
\$28 members \$138 non members
**Please bring your own yoga mat to class. Yoga mats are available at the Member Service Desk for \$20*

Sunday Slow Flow with Mala

Hatha Yoga postures, designed for every body type to experience internal and external freedom to allow one's self to simply "BE". This class will have a blend of Hatha Yoga flavored with a wonderful sense of humor, mixed with creative movement and a dash for personal inquiry, making for a delightful Sunday morning yogic stretch. Please bring a smile and water bottle to class with you.

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

Gentle "Hatha" Yoga

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

Monday (Debra) 7:15 - 8:30 pm 01201-11

Wednesday (Eileen) 7:50 - 9:05 pm 01201-31

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

Start the Week Strong-Get Up and Go Monday Yoga with Adina

An energizing series of yoga postures to wake up the inner spirit and energy. Working the breath and stamina, flexibility and strength. Relax and clear the mind and builds to awaken your heart and spirit to bring a dynamic start to your week. All levels of yoga experience from beginners to more experienced yogis and yoginis.

Monday 7:30 - 8:45 am 01201-19

Yoga for Back Health with Daphne

A 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

Simply Yoga with a Twist, with Adina

Yoga for the new or experienced student. Exploring balance, breath, strength and flexibility. A class to energize and rejuvenate while helping to relax your mind and body.

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

Power Yoga

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 (Sharon).....9:30 - 10:30 am.....01201-32

Thursday (Michelle).....12:00 - 1:00 pm.....01201-45

Saturday (Michelle).....7:05 - 8:00 am.....01201-62

Inspired Yoga with Karen

Every level is welcome to this moderately paced vinyasa (flow) class that combines breath work, movement, balance and intention with a focus on improving strength, stability, and flexibility.

Thursday 9:00 - 10:00 Am 01201-46

Chopra Yoga, with Karen

Based on Deepak Chopra's best-selling book, "The Seven Spiritual Laws of Success", Chopra Yoga focuses on integration and balancing all the layers of our life. Regardless of the style you practice, whether you are new on the path of yoga and self-discovery, or hoping to deepen your knowledge and practice of the ancient traditions. Chopra Yoga will take your understanding of the true principles of yoga and conscious living to the next level.

Thursday 5:10 - 6:10 pm 01201-41

YOGA FOR TEENS

Ages 13-18

Join Karen for a fun introduction to yoga. This class will focus on building strength, increasing flexibility, balance and concentration. Yoga will also help teens with stress management, decision making and acceptance, skills which will assist in all areas of their lives.

8 Week session \$28 members / \$128 non members

Wednesday.....3:45-4:30 pm.....01201-34

Introduction to Tai Chi and Qigong

Qigong (pronounced "Chi Kung") is an ancient form of Chinese exercise that enhances the flow of internal energy in the body. Tai Chi, a dynamic form of Qigong, utilizes slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being. With practice these exercises will help you develop balance and harmony between body, mind and spirit.

\$64 members / \$129 non-members

Level 1 with Jon

Thursday 6:20 - 7:30 pm 01206-45

Level 2 & 3 with Lee

Thursday 7:15 - 8:30 pm 01206-46

Perfect Health with Karen

Experience Perfect Health - Deepak Chopra's signature wellness program. Perfect Health is an 7 week workshop for physical, mental and spiritual well being. It enables you to restore vitality and balance for greater personal potential; access your inner resources for learning, growing and healing; awaken your body's healing power to overcome stress and illness and integrate wisdom and scientific discoveries for self-transformation. You will also learn how to incorporate mantra meditation into your life and participate in regular group meditations. This class will take place in the conference room.

\$28 members/\$138 non-members

Tuesday.....6:00 - 7:00 pm.....01201-22

Afternoon Parent & Youth Yoga with Adina,

ages 10 - 17 with parent

Ground yourselves and start this spring with a great way to strengthen muscles, increase flexibility, improve breathing and create new shared family time. We will explore a variety of yoga postures that can also be done together at home and include healthy lifestyle ideas for an improved sense of balance energy and overall well being. **\$64 member/\$129 non-member per family.**

Each additional child is \$15

Tuesday.....4:30 - 5:30 pm.....01201-23

GROUP TRAINING PROGRAMS

Kettlebell & Total Body Strength Clinic

New to Kettlebells? Want a total body workout? Join Greg for a four week kettlebell clinic to learn kettlebell training principles. **\$28 members / \$58 non members**
April 24 through May 17
 Tuesday.....9:00-9:45 am.....01101-23

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. 7 week class.
\$57 members / \$115 non-members
 Monday.....9:15-10:15 am.....01301-13

Group Training Club

Are you looking for fitness program with the support of a group and a personal trainer? Then try the GT Club! Each week you will meet once a week for one hour with a personal trainer in a small group setting at the designated time that you have signed up for. Please note you only sign up for two classes. In-it-to Lose It participants are not eligible for this class

Monday Class \$57 members / \$115 non members
Tues-Fri Class \$ 64 members / \$129 non members

Monday.....9:30-10:30 am.....01206-14
 Tuesday.....6:00-7:00 pm.....01206-24
 Thursday.....9:30-10:30 am.....01206-41
 Thursday.....6:00-7:00 pm.....01206-42
 Friday.....6:00-7:00 pm.....01206-51

NEW PARENTS FITNESS

Cardio Mom's & Dad's

A follow up to New Mom's/Dad'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 and online.

Postpartum Aerobics

Join other moms and babies for a workout and discussion. The first 60 minutes is a low impact workout, and the last ten minutes will be discussion on postpartum issues. In this class you will gain a support system and a body that is healthy, strong and flexible. Babies 10 months and under are welcome in class.

Free for members/ \$129 non-members

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

GROUP EXERCISE CLASSES

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. 13-15 year olds may attend a group exercise class with a parent or guardian. Non members pay \$129 per session code 01101-10. *please note prices, reflect a 9 week session.**

The schedule and complete descriptions for the above classes can be viewed online at www.metrowestymca.org under the Quicklinks tab on the homepage.

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

ACTIVE OLDER ADULTS

Strength Training for Seniors

For eight consecutive weeks, you will have personalized instruction in the Strength/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. x0

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. Classes will be in the Aerobics room, and Friday is Zumba for Seniors.

Free for members/ \$129 non members

Tues/Thurs 10:30 -11:30 am No sign up needed
 Friday 10:30 -11:30 am No sign up needed

Balance Class

Many seniors have a fear of falling that may restrict activities of daily living. Come join the wellness staff and improve your balance. Class takes place in the Spirit, Mind & Body Room

Free for members/ \$129 non members

Friday.....11:35am-12:05pm.....01102-14



HEALTHY LIVING

Adult Health, Well-being & Fitness Programs

PERSONALIZED WELLNESS PROGRAMS

Personal Training *Members Only*

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!

1 Hour Session

1 session/ \$38
5 sessions/\$180
10 sessions/\$340

** Please note: Personal training packages expire 6 months from date of purchase and are non-refundable.*

Semi Private Personal Training *Members Only*

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: \$29 each member
5 Sessions: \$135 each member
10 Sessions: \$260 each member

NUTRITION COUNSELING * Members Only

Conducted by Lisa Brown PhD, RD (Registered Dietitian). To schedule an appointment, please stop by the Member Service Desk or call 508-879-4420 x70.

Comprehensive Nutritional Evaluation

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

Consultation & 1hour follow-up: \$80 members

Additional Follow-up

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

1/2 hour Follow-up Visit: \$24

The MetroWest YMCA recommends everyone consult with their primary care physician before becoming more physically active. A Medical Clearance may be required before you participate in YMCA programs or activities. The Medical Clearance form is available in the Wellness Center, at the Member Service Desk and online.

THE HEALING TOUCH

Introducing Chair Massage at the MetroWest YMCA

Are you looking to...

Boost energy, alertness, and productivity?
Increase circulation?
Reduce muscle tension and pain?
Helps prevent repetitive stress injuries?
Relax and rejuvenate?
Relieve emotional stress?

How about a chair massage?

Chair massage will be offered in the Wellness Center. Cost \$15.00 for 15 minutes. Appointments can be booked at the Member Service Desk. See our flyer here. If you have any questions please contact Lisa Mandozzi, at ext 45 or lmandozzi@metrowestymca.org

SATURDAY 8:00 am-12:00 pm
SUNDAY 7:00-11:00am

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.

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/Cybex circuits, the cardiovascular equipment, free weights and other equipment. Your trainer will ask you which equipment you are interested in and 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. Members receive two 45 minute appointments with a trainer. Appointments are scheduled at the Member Service Desk.

IN IT TO LOSE IT! TEAM FITNESS CHALLENGE

A 9-week program **Cost is \$64 for members / \$129 for non members.**

IS THIS RIGHT PROGRAM FOR YOU?

1. Is weight loss your major goal?
2. Has a doctor or other health care provider classified you as being overweight or obese?
3. Are you ready to change your lifestyle?

PROGRAM DETAILS

1. Meet with your trainer 2 times a week
2. Weekly weigh-in
3. Your trainers will guide you through various cardiovascular and strength training exercises to help you reach weight loss goals!
4. The team with the highest percentage weight loss will be the **BIGGEST WINNER!!**

MON/WED	5:15-6:15AM	01206-17
MON/WED	10:15-11:15 AM	01206-16
WED/FRI	9:30-10:30 AM	01206-32
TUES/THUR	10:30-11:30 AM	01206-22
MON/WED	5:30-6:30 PM	01206-15
MON/WED	6:30-7:30 PM	01206-13
TUES/THUR	7:00-8:00PM	01206-23

\$64 members/ \$129 nonmembers

PLEASE NOTE: 1.) Participants are not allowed to sign up for both In it To Lose it and Group Training Club. Please choose one to sign up for per session. 2.) A medical clearance from your doctor may be required before participation in wellness center programs. If you have any questions please contact the Wellness Department at the MetroWest YMCA.



HEALTHY LIVING

Adults Sports & Recreation

DROP-IN VOLLEYBALL

Ages 16+, all levels welcome!

Limited instruction available

Thursdays 7:30-9:45 pm

Free for members,

\$7 non members

No registration needed,

drop in style.



MASTERS SWIM TEAM

Open to adults 19 years old and up. Program features coached

workouts and drills. Team members are eligible to compete in meets.

Code: 02904-12

Cost: \$64 Members per session. For more information call the Aquatics Director, 508-879-4420 x35.

Adult Tap Ages 17 + up With Courtney

Beginners welcomed, any experience suggested.

This exciting class introduces basic tap steps, combinations and routines set to great music. Tap provides a fun workout and develops rhythm, using both mind and body. Tap Shoes Required. **\$64**

Members / \$129 Non members

Tap Beginner Basics

Thursday 7:50 -8:30 pm 05218-49

Tap Intermediate

Thursday 7:05 -7:45 pm 05218-48

MENS' BASKETBALL LEAGUE

**For more information contact Oderra Jones
508-879-4420 x30**

Adult Hip Hop 17+, with Kerry

Whether you've taken dance classes or not, this class is for the adult who simply wants to sweat, groove, and have fun! Adult hip hop will introduce you to the basics of hip hop dancing. Every week, we will do a short combination and by the end of the session, you'll have learned a fun routine with your class. Get ready to dance! **Members \$64 / non members \$129**

Tuesday.....6:30-7:30pm.....05218-22

HEALTHY LIVING

Adults Aquatics & Swimming

ADULT AQUATIC FITNESS

Aqua Fit

Low impact shallow water workout focusing on core and back strengthening, low impact, stretching, toning, cardio exercises paired with ballet, jazz, kickboxing, samba dance steps. Excellent for arthritis and muscle pain. All levels welcome.

\$30 members/\$56 non-members

Tuesday 10:30 -11:15 am 02103-21

Low Impact

Shallow water program designed to strengthen, stretch, and increase mobility of the entire body. Movements are gentle and can be used for participants who have arthritis, fibromyalgia, and orthopedic problems. Non-swimmers welcome

3 day option: \$41 members/\$89 non-members

2-day option: \$35 members/\$71 non-members

Mon/Wed/Fri 10:45 -11:30 am 02104-11

2 Days (out of the three days above) 02104-21

Water Aerobics

Aerobic water workout focuses on coordination, flexibility, endurance and toning. Adaptable from beginners to experienced participants. Non-swimmers welcome!

\$42 members/\$82 non-members

AM Unlimited

Mon/Wed/Fri 10:00 -10:40 am 02102-11

PM Unlimited

Monday 8:20 - 9:00 pm 02102-12

Tues/Thurs 7:30 - 8:10 pm

Water Walking

Total body workout with less impact on joints and more resistance than land walking. One half hour of water walking is equal to 2 hours on land.

\$8 members/\$20 non-members per day

Please sign up for the class or classes you wish to attend.

Monday 11:30 am -12:00 pm 02101-11

Tuesday 11:30 am -12:00 pm 02101-21

Tuesday 7:00 - 7:30 pm 02101-22

Wednesday 11:30 am -12:00 pm 02101-31

Thursday 11:30 am -12:00 pm 02101-41

Thursday 7:00 - 7:30 pm 02101-42

Friday 11:30 am - 12:00 pm 02101-51

Ai Chi

Non-swimmers welcome.

Ai Chi is a water exercise and relaxation program created to help participants enjoy the water in a flowing, yet powerful progression. It consists of a progression of slow, broad movements of the arms and legs, breathing, upper extremities, trunk stability, lower extremity movements, and coordinated total body movements. Ai Chi is used for pain management, back pain, arthritis, fibromyalgia, orthopedic problems, prenatal, stroke rehab and asthma.

\$30 members/\$56 non-members

Thursday 10:30 - 11:15 am 02103-42

ADULT SWIM LESSONS

Beginner A

For adults who have no swimming experience or are unable to put their face in the water and have a fear of the water.

\$64 members / \$129 non members

Wednesday 8:00 -8:40 pm 02220-31

Beginner B

This adult class will focus on floating, beginner strokes, stroke technique, jumping in, combination skills, safety and endurance.

\$64 members / \$129 non members

Wednesday 8:40 -9:20 pm 02220-32

Intermediate Swim Lesson

Must have successfully completed BEGINNER B or swim one pool length (25 yards) with over arm recovery. Teaches rotary breathing, backstroke, and endurance.

\$64 members / \$129 non members

Tuesday 8:45 -9:30 pm 02220-21

Adult Coached Advanced Tune Up

Swim more.... **EFFICIENTLY, EFFECTIVELY, FASTER**

\$64 members / \$129 non members

Thursday 8:30-9:30 pm 02904-41

