

ADULT FITNESS

HEALTHY LIVING

FALL 1 SESSION
SEPTEMBER 3-OCTOBER 27
8 WEEKS

Y – FIT

Take control of your health and fitness! This small group training program will focus on improving your strength, refining your body composition, and increasing your endurance. The motivation and support of a small group is extraordinary when it comes to achieving new heights in your fitness.

8 spots per class!

Each session will include a dynamic warm-up with various joint mobility exercises, strength training, and anaerobic conditioning.

Monday Class: \$89 Family Member / \$94 youth members / \$210 Non members

Tues-Sat Classes: \$102 members / \$240 non-members

Monday.....9:30-10:30 am...(Maria).....9790
 Tuesday.....7:00-8:00 pm...(Bri).....9791
 Thursday.....8:30-9:30 am...(Cathy).....9793
 Thursday.....6:30-7:30 pm...(Brian).....9792
 Saturday.....9:15-10:15 am...(Jenny).....9794

KICKBOXING

This program follows the Muay Thai kickboxing style, one of the most popular in the professional realm of combat sports. Through this program you'll learn how to throw punches properly and kick with confidence. This full body workout will push the pace! Come with an open mind and an attitude looking for fun. No experience necessary, no equipment required.

\$77 FM/\$80 YM/\$200 NM

Wednesday.....10:45-11:45 am...(Maria).....9799

NEW! CONTINUE TO CHANGE

For Weigh to Change Alumni only.

This 5 week program will run from September 9th- October 11th and will serve to maintain motivation and healthy lifestyle habits. Round Robin discussion will include guided topic for continuing healthy habits and overcoming challenges.

What it includes:

- 2 small group training sessions: Mondays at 9:30am and Wednesday at 6pm
- 1 Styku scan
- 1 hour nutrition consultation
- 2 group meetings

Cost of program: \$139 please contact Maggie Lynch with any questions (508) 879-4420 x286 or maggielynch@metrowestymca.org

Online registration code: 9810

POWERFUL WOMEN

Increasing muscle mass results in a decrease in fat mass, increase metabolism, and improved body composition. Get stronger and build confidence through strength training within the free weight area of the Wellness Center. Perform complex movements recruiting various muscle groups by using different equipment. For the most improvement we recommend attending one class a day.

6 spots per class!

Monday Class: \$89 FM / \$94 YM / \$210 NM

Tues-Sat Classes: \$102 FM/\$108 YM/\$240 NM

Monday.....10:15-11:15am.....(Lorelei).....9801
 Wednesday.....10:15-11:15am.....(Lorelei).....9796
 Wednesday.....6:00-7:00 pm.....(Lorelei).....9797
 Friday.....10:15-11:15 am.....(Lorelei).....9798

STRENGTH TRAINING

This class will focus on squat, deadlift and bench press...the 3 powerlifting movements. There will be a mobility warm-up, lift focus with accessory movements and a cool-down.

\$102 members / \$108 Youth Members \$240 non-members

Thursday.....5:15-6:15 pm.....(Brian).....9800

Small group training classes are not drop-in. Trainers build from week to week and to keep your experience personal strict class limits are set. When registering for a class you are signing up for a weekly time and day.

RODMAN RIDE FOR KIDS

JOIN OUR YMCA TEAM!

We are very excited to be part of the Rodman Ride for Kids! On September 21, 2019 we will take to the roads in Foxborough and ride 25 or 50 miles while raising funds for our Annual Campaign.

Join our team! We fundraise as team, so please join us if you can and get a riding shirt, have fun while together we build resources for at-risk youth in our community.

Contact Amy Miller, to learn more about either riding or volunteering the day of the event.

Email: amiller@metrowestymca.org

Phone: 508-879-4420 ext. 253.



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GROUP EXERCISE CLASSES

FREE FOR MEMBERS. Lots of classes, from Active Together to Zumba there is something for everyone!

The Group Exercise schedule and complete descriptions for classes can be viewed online at metrowestymca.org under the Schedules & Downloads tab on the website.

Contact Leslie Schofield 508-879-4420 x231
Lschofield@metrowestymca.org with any questions.



GET STARTED!

WELLNESS ORIENTATION

Two 45-60 minute meetings with a personal trainer to discuss wellness and fitness goals as well as help you better understand and learn the equipment of the fitness center. They will also help you explore all of the other wellness benefits your Y membership has to offer! Schedule your free orientation today! See the member service desk for more information.

FITNESS ASSESSMENTS

Physical fitness testing is used extensively to predict chronic disease risk, quantify fitness levels, and assess performance. They are a great starting point to keep track of your fitness and identify areas of focus for your workout routine. A fitness assessment includes resting vital signs, STYKU scan and a cardiovascular, muscular, and flexibility test. **\$35 for members only**

STYKU BODY COMPOSITION ANALYSIS

Weight loss is more than just a number on a scale. A scan using the Styku measures body surface area, determining circumference measurements to predicts body fat percentage, muscle to fat ratios, and more. The software also provides personalized plans for weight reduction and chronic disease prevention. Pre and post-tests can be compared to show measurable changes in body composition that a scale is unable to show. **\$20 for members only**

E-mail Katrina Ladd (kladd@metrowestymca.org) to get started today!

ACTIVE OLDER ADULTS

SENIOR FITNESS CLASS!

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. No sign up needed

free for members

Monday.....	11:45am-12:45 pm	drop in
Tuesday.....	9:15 -10:15 am	drop in
Tuesday.....	10:15 - 11:15 am	drop in
Wednesday.....	10:30 -11:30 am	drop in
Thursday.....	9:15 -10:15 am	drop in
Thursday.....	10:15 - 11:15 am	drop in
Friday- Zumba	10:30-11:30 am	drop in

CARDIOPULMONARY WELLNESS PROGRAM

The Cardiopulmonary Wellness Program is offered through a partnership with the MetroWest Medical Center. This program offers a medically supervised exercise/risk factor management program for individuals who are at risk for or have known cardiovascular and/or pulmonary disease. **Classes meet on Tuesdays and Fridays** and are supervised by a Clinical Exercise Physiologist from the MetroWest Medical Center's Cardiac Rehabilitation Department. \$22 per month For Y members Only **For more information about the Cardiopulmonary Wellness Program please contact Katrina Ladd KLadd@metrowestymca.org.**

55+ STRENGTH

This class will focus on the total body and core strength while incorporating balance moves and stretches. It is the perfect way for all to improve flexibility, posture, strength and balance. Join Laura in the Wellness Center for this class.

\$82 Members / \$161 non-members one class per week

Wednesday.....	11:45am-12:30pm	9788
Friday.....	11:45am-12:30pm	9789

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ENHANCEFITNESS

EnhanceFitness is an evidence-based group exercise program for older adults that offers simple, easy to learn movements. The goal of the program is for participants to improve overall function and well-being by doing cardio exercise, strength training, flexibility and balance.

September 23-January 10, 2020

Registration begins on Sept 9

16 Weeks Free for Members / \$245 non-members.

Monday..Wednesday & Friday 1:15-2:15pm.....9786

PARKINSON'S CLASS

The Parkinson's classes are specifically designed to help with Parkinson's, MS or any other neuromuscular conditions. Each one hour class includes balance, strength, cognition and flexibility exercises. Non-Members can apply for a scholarship.

8 weeks @ free members/\$88 non-members

Wednesday & Friday 1:15-2:15pm

T'AI CHI FOR HEALTHY AGING

Participants proceed through a series of T'ai Chi movements with the aim of improving balance. These movements are taken from more traditional styles of T'ai Chi and simplified which allows participants to follow along more easily to help improve balance. This class takes place in the aerobics room.

8 weeks @ free members/\$153 non-members

Thursdays.....12:45-1:45pm

LIVESTRONG AT THE YMCA

Recent medical research has shown that exercise can counteract the debilitating side effects of cancer treatment, reduce fatigue, increase physical strength and significantly improve quality of life.

LIVESTRONG at the YMCA is a free, 12 week program for adult cancer survivors. The program helps participants gain muscle, strength, flexibility, endurance, and improve overall function. The program offers support from the group as well as a way to become more independent if desired while helping all in weight management, improved energy, and self-esteem. The program is led by specially trained staff in the physical and emotional needs of cancer survivors.

Please contact Laura Gilbert, Prevention Wellness Coordinator at lgilbert@metrowestymca.org or 508-879-4420 x232



YMCA'S DIABETES PREVENTION PROGRAM

If you're at risk for type 2 diabetes, you can make small, measurable, changes that can reduce your risk and help you live a happier, healthier life. You've spent years developing habits that you can't expect to change overnight. It's tough. We can help. **The YMCA's Diabetes Prevention Program** gives you the skills you need and the support you deserve to make lasting healthy lifestyle changes.

As a participant, you'll enjoy:

- A safe space where you can feel comfortable sharing and learning in private.
- Making new friends. You will support each other as you all trade old habits for healthier new ones.
- The new energy and confidence that comes with losing weight and reducing your risk for diabetes.



BLOOD PRESSURE SELF-MONITORING PROGRAM

High Blood Pressure is a key, modifiable, risk factor for both heart disease and stroke, which are two of the leading causes of death in the US. The YMCA designed this program to help adults with hypertension lower and manage their blood pressure. The four month program focuses on regulated home self-monitoring of one's blood pressure using proper measuring techniques, individualized support and nutrition education for better blood pressure management. **Program includes** a blood pressure cuff, 8 personal meetings with a heart health ambassador and 4 nutrition seminars focused on eating for healthy blood pressure.

September 15th- January 15th
\$40 Introductory Price



DIABETES SELF-MANAGEMENT

Developed by Stanford University and based on the Chronic Disease Self-Management curriculum, this program is for people with diabetes and their families and caregivers. Topics include: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, appropriate exercise, medication usage and healthy eating. Participants make weekly action plans, share experiences and help each other solve problems they encounter in daily life. This 6 week program meets once a week for 1.5 hours.

Contact Laura Gilbert, Prevention Wellness Coordinator at lgilbert@metrowestymca.org or 508-879-4420 x232

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PERSONALIZED NUTRITION PROGRAMS

Schedule an appointment with Maggie by calling her at 508-879-4420 X286 or email at maggielynch@metrowestymca.org

COMPREHENSIVE NUTRITIONAL EVALUATION

Includes an 1 hour initial consultation and 1 follow-up. Your evaluation includes nutrition assessment and individual goal setting. Additional follow-ups are available for the member who would like continued one-on-one support for their nutritional and weight management.

Member Rate:

Nutrition consult and 1 hour follow-up: \$91
 30 min follow-up: \$29
 1 hour follow-up: \$43
 Five ½ hr follow-ups \$135

Non-Member Rate:

Nutrition Consult and 1 hour follow-up: \$182
 30 min follow-up: \$58
 1 hour follow-up: \$86
 Five ½ hr follow-ups \$270

WEIGH TO CHANGE October 7th – December 15th

Information Sessions:

- Tuesday, September 24th 6pm
- Thursday, September 26th 10am
- Saturday, September 28th 10:30am

Weigh to change is a 10 week lifestyle change program. Looking for accountability this fall? Than this is the program for you! This program is open to individuals of all ages and levels of fitness. Our coaches and dietitian work to meet you where you are and help you gain strength, endurance, and confidence to live a healthy lifestyle. All coaches are 100% dedicated to your success!

Includes:

- Weekly 30 minute personal training sessions
- Individual nutrition counseling
- Recommended minimum of 3 weekly group training sessions (specifically for WTC participants)
- Constant online support through our Facebook group
- Before/middle/after Styku 3-D body scans
- Shoe fitting with PR running
- Nutrition workshops and grocery store tours
- Training for a walk/run 5k
- Entry into a local walk/run 5k

Cost: \$449 members / \$649 non-members Payment plans are available. **Online Registration Code: 9803**

PERSONALIZED WELLNESS PROGRAMS

PERSONAL TRAINING *Members Only*, Ages 12+

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!

Fill out an inquiry form at the Member Service desk or Contact Katrina Ladd to get connected to a trainer (508) 879-4420 x238 or Kladd@metrowestymca.org

Length of Session	One-On-One	Semi-Private
1-hour	1 Session: \$49	1 Session: \$34
1-hour	5 Sessions: \$210	5 Sessions: \$147
1-hour	10 Sessions: \$389	10 Sessions: \$284
1-hour	20 Sessions: \$714	20 Sessions: \$546
30 min	1 Session: \$33	1 Session: \$18
30 min	5 Sessions: \$137	5 Sessions: \$79
30 min	10 Sessions: \$252	10 Sessions: \$147
30 min	20 Sessions: \$462	20 Sessions: \$273



PERSONAL TRAINING & NUTRITION COMBO

(for members only)

Nutrition and exercise play important roles in weight and body composition. If you are looking to reach a goal, consider working with a personal trainer and our registered dietitian in a combo package below.

Combo Option 1

Five 30 min Personal Training sessions
 1 hour nutrition consultation + 30 min follow-up
 \$215 members only

Combo Option 2

Ten 30 min Personal Training sessions
 1 hour nutrition consultation + two 30 min follow-ups
 \$350 members only

Contact Our Wellness Team

Lauren Hanley, Director of Health Integration (x239)
 Katrina Ladd, Wellness Director (x238)
 Leslie Schofield, Assistant Wellness Director & Group Exercise (x231)
 Maggie Lynch, Director of Nutritional Services (x286)
 Laura Gilbert, Prevention & Wellness Referral Coordinator (x232)