

# ADULT FITNESS

## HEALTHY LIVING

**Winter 2019 Session**  
**January 2-February 16, 2019**  
 6 week session (Mon-Tue classes)  
 7 week session (Wed-Sun classes)

### 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.

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

#### Mon-Tue Classes:

**\$76 Family Member / \$172 Non-Members**

#### Wed-Sunday Class:

**\$89 Members / \$210 Non-Members**

Monday.....	9:30-10:30 am.....	7895
Tuesday.....	7:00-8:00 pm.....	7896
Wednesday.....	7:30-8:30 pm.....	7897
Thursday.....	6:30-7:30 pm.....	7898
Friday.....	5:30-6:30 am.....	7899
Saturday.....	9:15-10:15 am.....	7901
Sunday.....	10:15-11:15 am.....	7575

8 spots per class!

### BOOTCAMP CONDITIONING

This small group is a great way to challenge yourself! Workouts include: body weight exercises, interval training, functional movements and agility drills. The coach will use different equipment to challenge, inspire, and motivate you while offering modifications to accommodate all levels of fitness. This class takes place in the gymnasium

**\$67 Members / \$175 Non-Members**

Wednesday.....	9:30-10:30 am.....	7913
Friday.....	9:30-10:30 am.....	7917

12 spots per class!



### MOVEMENT FOR A BETTER YOU

Work at a desk all day? Tight from difficult workouts? Recovering from an injury? This 30 minute corrective exercise class is for you! It will examine HOW we move and will implement stretches, drills and exercises to improve your range of motion, reduce the risk of chronic and acute injury and resulting in better quality of life. There will be an initial assessment to determine challenges you have in your movements and a post assessment to celebrate your improvements.

**Members \$42 / Non-Members \$112**

Saturday.....	10:30-11:00 am.....	7911
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### 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.

**Monday Class \$57 Members / \$151 Non-Members**

**Wed-Fri Class \$67 Members / \$176 Non-Members**

Monday.....	10:15 - 11:15 am.....	7930
Wednesdays.....	10:15 - 11:15 am.....	7906
Wednesdays.....	6:00 - 7:00 pm.....	7908
Fridays.....	10:15 - 11:15 am.....	7910

6 spots per class!

### MINDFUL BONES

Osteoporosis affects 44 million men and woman across the country and over 55% of the population over than 50! Through the use of stretches, strength exercises and proper body mechanics we will reeducate your body's postural systems. Join us as we work to consciously prevent and reverse the effects of osteoporosis.

**\$57 members / \$96 non-members**

Monday.....	11:00am-11:45pm.....	7904
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### HEALTHY WEIGHT AND YOUR CHILD

If you have a child living with excess weight and want to learn more about a program aimed to help children manage their weight and help families live healthier; please contact Lauren Hanley at laurenhanley@metrowestymca.org or 508-879-4420 X239 for more information about a new program slated to begin January 2018. This program is evidence based, 15 weeks long and can change the lives of children living with excess weight.

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# ADULT FITNESS

## HEALTHY LIVING

### GROUP EXERCISE CLASSES

**FREE FOR MEMBERS.** Lots of classes, from Pilates, Zumba, Cycle, Yoga to Step, there is something for everyone!

The Group Exercise schedule and complete descriptions for classes can be viewed online at [metrowestymca.org](http://metrowestymca.org) under the Schedules & Downloads tab on the website.

**Looking for a low impact cardio session? Try Cycle! Now that the locker rooms are open, our classes our back in the Cycle Studio!**

Contact Leslie Schofield 508-879-4420 x231  
[Lschofield@metrowestymca.org](mailto:Lschofield@metrowestymca.org) with any questions.

### 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 Members/ \$164 Non-Members**

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

**For more information about the Cardiopulmonary Wellness Program please contact Katrina Ladd [kladd@metrowestymca.org](mailto:kladd@metrowestymca.org).**

## GET STARTED!

#### WELLNESS ORIENTATION

Two 45-60 minute sessions 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**

To schedule an assessment please contact Katrina Ladd [kladd@metrowestymca.org](mailto:kladd@metrowestymca.org).

#### 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. E-mail Katrina Ladd ([kladd@metrowestymca.org](mailto:kladd@metrowestymca.org)) to schedule your scan!

**\$20 for members only**

#### KRAV MAGA

- Intent-driven self-defense system
- Tailored to meet the needs of the user
- Skill layers on basic easy to learn techniques
- Training through exercises and drills
- Skills based on natural everyday gestures
- Immediately useful

**\$67 Family member / \$176 non-member**

Thursdays.....7:00-8:00pm.....7905



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### PREVENTION & WELLNESS CLASSES

#### 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.

Contact Laura Gilbert at 508-879-4420 ext. 232 for more information

#### 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.

7 weeks @ free members/\$68 non-members  
Wednesday 12-1pm & Friday 1:30-2:30pm 6940

#### 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.

7 weeks @ free members/\$134 non-members  
Thursdays 12:45-1:45pm 6948

#### 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.

January 7-March 28th

Day Class: Mon & Thurs 11:45am-1:00pm

Evening Class: Tues-Thurs 5:45-7pm

#### MATTER OF BALANCE (MOB)

Program designed to reduce the fear of falling in older adults. Participants learn to: view falls as controllable, set goals for increasing activity, and make changes at home to reduce the fall risk at home.

#### MOVING FOR BETTER BALANCE

A class for older adults to practice eight Tai Chi movements to improve balance, memory, muscle strength, flexibility, reduce stress and improve mental & emotional wellbeing. Class includes a full warm up and stretch of the whole body.

January 8-March 28, 2019

12 Weeks @ Free to Members / \$123 Non-Members  
Tuesday and Thursday 12:15-1:15pm

#### 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.

Contact Laura Gilbert, Prevention Wellness Coordinator at [lgilbert@metrowestymca.org](mailto:lgilbert@metrowestymca.org) or 508-879-4420 x232



# ADULT FITNESS

## HEALTHY LIVING

### PERSONALIZED NUTRITION PROGRAMS

Introducing our new full time team member Maggie Lynch, registered and licensed dietitian. Looking to improve your diet, athletic performance or overall health? 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.

**Consultation & one-hour Follow-up: \$86**

#### 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: \$27**

**1 hour Follow-up Visit: \$41**

### WEIGH TO CHANGE

Weigh to change is a 10 week lifestyle change program. Need some help sticking to your New Year's resolutions? Than this is the program for you! Our registered dietitian and personal trainers are eager to help you reach your goals.

#### 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

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!

**Cost:** \$449 members / \$649 non-members

#### January 7th- March 17th

Information Sessions:

- Saturday, December 15th 1-2pm
- Tuesday, December 18th 6-7pm
- Thursday, December 20th 10-11am

If you are interested in participating, please contact Maggie Lynch at 508-879-4420 X286 or email at maggielynch@metrowestymca.org

### 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!

Contact Katrina Ladd to set up your first appointment (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	30 Sessions: \$273

### BODY POSITIVE

#### AT THE METROWEST YMCA

This 5-week workshop is developed to teach individuals how to overcome conflicts with their bodies to lead happier, more productive lives. This workshop will provide solution-focused, positive messages of hope and freedom, and provide an alternative to the mainstream weight-focused health model. Each workshop will focus on a different topic; reclaiming health, intuitive self-care, cultivating self-love, declaring your own authentic beauty, and building community.

**Thursday's 6-7pm**

**5 Thursdays in a row, January 10, 17, 24, 31, and February 7th**

\$65 members / \$100 non-members

Contact Maggie Lynch for more information maggielynch@metrowestymca.org or at 508-879-4420 x 286

#### 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)