

ADULT FITNESS

HEALTHY LIVING

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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HEALTHY LIVING

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)