

# WELLNESS

## WELLNESS COACHES

Not sure where to start or how to use the machines? We can help you! Set up your free orientation with one of our Wellness Coaches and become familiar with all that we have to offer! Ask at the Welcome Desk to schedule your orientation today.

## ADULT/SENIOR FITNESS ASSESSMENTS

Ages 18 and Up

- to assess current fitness levels
- to identify training needs
- to select training regimens
- to evaluate the participant's progress

Our Fitness Assessment will consist of a series of baseline tests to determine your overall fitness level. Muscular strength and endurance, flexibility, cardio respiratory endurance (aerobic), body composition, and your blood pressure will be measured by a YMCA Fitness Specialist.

**WHEN:** By Appointment, contact Kristen at [Kristen@mmymca.org](mailto:Kristen@mmymca.org) to set up an apt.

**COST:** FREE to members. Allow about an hour and wear workout attire and gym shoes.

## MEASUREMENTS

Get your measurements and BMI done. Free to members, contact Kristen at [Kristen@mmymca.org](mailto:Kristen@mmymca.org) to set up an appointment. Allow 30 minutes and wear workout attire



## PERSONAL TRAINING

Personal Training is only available to Y members. Every 3rd package of 6, 10, 12 or 15 will receive a \$30 discount. Package needs to be used within 6 months of purchase and needs to be paid in full at time of purchase. Cancellations made at least 24 hours in advance will not be charged.

	30 MIN	60 MIN
1 SESSION	\$25	\$35
3 SESSION		\$80
5 SESSION	\$100	
6 SESSION		\$145
10 SESSIONS	\$185	
12 SESSIONS		\$260
15 SESSIONS	\$260	



# WORKOUT FACILITIES

## ADULT LOCKER ROOMS

Adult locker rooms include sauna, hot tub, steam room and some fitness equipment. This locker room is available for men and women 18 and older. Free day use lockers, however, please bring your own lock and rental options are available. Shower and dressing areas along with wall mounted hair blow-dryers. Bring your own towel otherwise we have a towel service for 25 cents a towel.

## FAMILY CHANGING AREA AVAILABLE

## LOCKER RENTALS OR FREE DAY USE OPTIONS

## LIFESTYLE CENTER

The YMCA is proud to have a clean and fully equipped Lifestyle Center. The Lifestyle Center is air-conditioned and open during all our open facility hours. A free equipment orientation is available and highly recommended for all new members. Outdoor shoes are not permitted on the cardio machines. Ages 11-13 are able to use the Lifestyle Center AFTER completing a free Lifestyle Center orientation and at the discretion of the Wellness Coach. Anyone 14 years of age or older is eligible to use the Lifestyle Center, but are highly encouraged to complete a free orientation. Misuse of equipment could mean loss of privileges.

## FREE WEIGHT ROOM

Our Free Weight Room is air-conditioned and open during all our open facility hours. This room features strength equipment such as Smith squat machine, cable cross over machine, kettlebells, stability balls, free weights ranging from 5-120 lbs., benches, squat rack and more. 14 years of age or older are eligible to use the Free Weight Room, but are highly encouraged to complete a free orientation. Misuse of equipment could mean loss of privileges.

## Y- OUTBACK

Each week more than 40 group exercise classes are held in our Y-Outback building alone. This air-conditioned building has a raised wooden floor for impact, mirrors on two walls and a quality sound system. All necessary equipment is provided from steal gauge chairs to free weights, bands to mats, benches and balls. Outdoor shoes are not permitted on the floor. Please bring an indoor pair of shoes.

HEALTHY LIVING