

FITNESS CENTER

All Fitness Center Staff are CPR and AED (Automated external defibrillator) certified and hold various other health and fitness certifications. We are confident our experienced staff will provide you with a safe, effective exercise program.

MEMBER ORIENTATIONS

The Fitness Center Staff will help you get started on an exercise program. Whether it's your first experience with strength training or if you have exercised in the past, we are here to help you. We will design a well-balanced program based on your goals that will work into your busy schedule. Required orientations are a complimentary service and are scheduled by appointment only. Medical form/waiver must be on file.

Orientation Hours:

Monday-Thursday	8:00 am - 8:00 pm
Friday	8:00 am - 7:00 pm
Saturday	7:00 am - noon

STUDENT ORIENTATIONS (Ages 13-15)

These orientations are done on Monday and Wednesday evenings from 6:00 . 7:30 p.m. **OR** Tuesday and Thursdays from 6:00 . 7:30 p.m. (two 1½ hour sessions). A parent must sign the student's medical history card prior to the orientation. Orientations are a complimentary service and are scheduled by appointment only. The student must attend **BOTH** sessions.

FITNESS ASSESSMENTS Y-members only

Fitness assessments include a combination of strength, cardiovascular, flexibility and body composition tests. Our certified personal trainers will monitor your resting and exercise heart rate and blood pressure throughout the assessment. Also included is a lifestyle questionnaire. Fitness assessments allow our staff to track your progress over time and provide us with information about your current fitness level. This data assists us in designing individualized health and fitness programs specific to your needs.

1 Test - \$30.00 3 Tests - \$75.00

STABILITY BALL/BOSU TRAINING

Looking for new and different flexibility training, balance and strength exercises for the trunk, upper and lower body? Learn relaxing stretches and effective strength training exercises for every major muscle group and develop strength for the core body.

BODY COMPOSITION ANALYSIS (By appt. only)

Body composition analysis determines your percentage of body fat in relation to your lean body mass or muscle tissue. Lean tissue is composed of 70-75% water, fat contains 3-13% water. Your Bio-Impedance reading is directly related to the water contained in your lean tissue. Anthropometric data (body measurements) are taken and entered into the program along with the Bio-Impedance reading used to predict body compositions. This technique is known as Anthro-Impedance. Special populations as the very lean or obese may benefit from the addition of the Anthro measurement. *No other techniques available provide this level of accuracy and reliability across a wide range of subjects.*

Y-members - \$16.00

Non-members - \$48.00

GET A JUMPSTART ON THE HOLIDAYS!

LOSE AND WIN

Sept. 14-Dec. 10 No class Nov. 23

Tired of yo-yo dieting? Not sure how to start an exercise program? This class will teach you how to lose weight and keep it off the right way! Learn how to make healthy eating and exercise a permanent lifestyle. Each class will include an education portion, discussion and a workout. Fat testing with measurements will be done at the beginning and end of the 12 week session to allow you to see the progress you have made. Weekly weigh-ins and two one-on-one sessions with a fitness coach will help keep you on track and motivated. This class will take you through the necessary steps to successfully live healthy for life.

Instructors, Carol Clay and Aarika Milykovic.

Tuesday 9:30-10:30 am

Tuesday 5:30-6:30 pm
(limit of 8 people for the Tuesday PM class)

Y-members only - \$85.00

FITNESS CENTER

PERSONAL TRAINING

A certified personal trainer on staff will instruct you in the areas of cardiovascular fitness, muscular strength and flexibility. We will evaluate your present level of fitness and assist you in establishing attainable goals that will be reached through a safe, efficient and personalized exercise program. We will help educate and motivate you to reach your fitness goals while working with you one-on-one.

PERSONAL TRAINING FEES

1	One hour session	\$31
3	One hour sessions (includes body composition) (package)*	\$81
6	One hour sessions (includes body composition) (package)*	\$138
12	One hour sessions (includes fitness assess- ments) (package)*	\$240

Package sessions must be used within six months of purchase and paid in full.

WHO WORKS WITH A PERSONAL TRAINER?

- People who like the extra motivation that comes with being directed through a routine with a qualified fitness specialist.
- People who like being shown alternatives to their current exercise program.
- People who have always wanted to start an exercise program but weren't sure exactly what to do or how to set up an exercise program based on their goals.
- People who already work out in the Fitness Center but desire a more customized fitness program and one-on-one attention from a fitness expert.

Personal Training includes, but is not limited to, circuit training, free weight training, cardiovascular training, stability ball and medicine ball training for the healthy as well as rehabilitative client. Cancellations must be made 24 hours in advance.

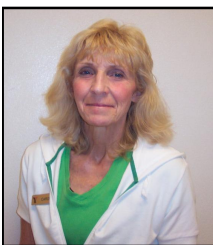
BUDDY PERSONAL TRAINING

2-3 individuals exercise together through the instruction of a certified personal trainer. Personalized goal oriented program design using a variety of machines, free weights, band, medicine balls, stability ball and bosu. Share the expense, fun and health benefits with a friend, family member or co-worker.

Buddy Training One Hour Sessions:

- \$45 - 1 session (\$22.50 per person)
- \$192 - 6 sessions (\$96.00 per person)
- \$300 - 12 sessions (\$150.00 per person)

PERSONAL TRAINER



Carol Clay is a Certified Personal Trainer and Group Exercise Instructor through the American Council of Exercise (ACE), NETA Certified Senior Fitness Instructor and SilverSneakers® Certified. She is a YMCA Certified Fitness Specialist, Personal Fitness Director, Strength Trainer and Advanced Fitness Instructor. Carol has designed programs for all age groups and fitness levels from the deconditioned to the athlete as well as those recovering from an injury, surgery or those having special medical concerns or limitations.

CERTIFIED ATHLETIC TRAINERS

Certified athletic trainers from the Monroe Clinic will be available to members of the YMCA to offer free injury assessments, discuss and answer questions regarding injuries and rehabilitation. They will be available at the YMCA by appointment. Sign up in the Fitness Center.

FITNESS CENTER

CARDIOVASCULAR

Cardiovascular Equipment to Strengthen Your Heart and Burn Calories:

- 6 Ellipticals
- 8 Treadmills
- 3 Incline Trainers
- 3 Recumbent Bikes
- 2 Upright Bikes
- 1 Espinner
- 5 Total Body Ellipticals
- 3 Adaptive Motion Trainers
- 2 Steppers
- 1 Sci Fit Rex (Recumbent Elliptical)
- 1 Sci Fit Pro 2
- 1 Jacobs Ladder
- 2 Total Body Seated Steppers

FREEMOTION

(Strength Training Equipment)

FREEMOTION training incorporates a whole body approach. Functional or integrated training strengthens the body in movements rather than individual muscles.

FREEMOTION Advantages:

- No adjustments, no awkward positions and no restrictions on movement
- Simulate movements used in activities of daily living
- Simulate movements athletes perform in sports
- Comfortable for beginners, deconditioned, obese and disabled individuals

FREEMOTION Pieces Include:

- Chest
- Shoulder
- Row
- Lat
- Hamstring
- Quad
- Squat
- Abdominal

FREE WEIGHTS

- Bumper Plates
- Standing Calf Raise
- Power Rack (double sided Power Rack with platform & open back)
- Smith Rack
- Cable Attachments
- Plyometric Boxes
- Hack Squat
- Barbells (7)
- Ab Wheel
- Reaction Ball
- Glute-Ham Raise
- Weights (2200 lbs of Olympic Weights)
- Agility Ladder
- T-Bar Row
- Decline Bench
- Nautilus Abductor/Adductor

Free Weight Equipment:

- Magnum 45 Degree Angled Leg Press
- Magnum Seated Row
- (2) Supine Press Benches
- (2) Incline Press Benches
- (1) Preacher Curl Bench
- Quantum Smith Machine
- Quantum Cable Crossover
- (3) Adjustable Utility Benches
- Decline Bench
- Squat Rack
- Additional Ton of Weight
- Paramount Seated Calf
- Paramount Roman Chair
- Quantum Thera Crunch

Magnum Pro-Style
and Rubber Hexagon Dumbbells
3 - 110 lbs.

Weight Stations for Toning, Strengthening and Increasing Flexibility:

- Magnum Biangular Chest Press
- Magnum Pec/Rear Delt
- Magnum Shoulder Press
- Magnum Lower Back
- Magnum Biangular Lat Row
- Magnum Abdominal Crunch
- Magnum Leg Extension
- Magnum Leg Curl
- Magnum Bicep Arm Curl
- Magnum Tricep Extension
- Paramount ART Chest Machine
- Paramount ART Lat Pull
- Paramount ART Shoulder Press
- Paramount Performance Line Multi-Hip
- Paramount Performance Line Leg Press
- Paramount Weight Assisted Dip/Chin Station
- Paramount Leg Curl

*Stability Balls
and Medicine Balls available.*

MEDICINE BALL TRAINING

The medicine ball is a multi-purpose training tool that can be used alone or with a partner for improving core strength, functional movement, muscle coordination and reaction time as well as improving overall strength and flexibility. Used in personal training.