



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# HEALTH, WELL-BEING & FITNESS

## HEALTH AND WELL-BEING PROGRAMS

We offer health and well-being programs designed to meet the diverse needs of our community, including personal training, fitness assessments, nutrition counseling.

### PERSONAL TRAINING

Get the results you desire with **Certified Strength Trainers**. The Y's certified trainers can help you reach your fitness goals. Perhaps you're just beginning to work out on a regular basis, or maybe you're a serious athlete looking to get to the next level. Whatever your situation and goals, our Y Certified Trainers can help YOU! Y Personal Training is a great way to customize your workout program. Our trainers can help you improve your cardiovascular fitness, muscular strength, endurance, and flexibility, and can further improve your body composition through both traditional and innovative techniques.

#### FEE:

**5 one-hour sessions \$135**

**Personalized Small Group Trainings available, call Heather Wright at 740-725-9622**

### TEEN PERSONAL TRAINING

Looking to introduce fitness to your teen?

Looking to improve sports skills?

Looking to implement healthy workout habits?

#### FEE:

**Discounted rate for ages 13-17**

**\$20/hour member or bring a friend**

**for \$25 member (two person rate)**

### IRON KIDS ORIENTATION

Getting started on a proper weight training program at any age offers many benefits and will set you up for optimal progress in the long run. Kids ages 9 - 13 years old are required to sign up for an orientation on the equipment in the Family Wellness Center. This orientation will ensure that proper weight lifting form is executed to achieve desired results and lower the risk of injury.

**FREE** for Members

Sign up at the Service Center

### PICKLEBALL

**FREE** for members

**See Gym Schedule for time and dates**

### PICKLEBALL ADULT LEAGUE/TOURNAMENT

September 11 - October 29 and

September 30—December 17

Tuesday and Thursday nights (League Play)

6:00—8:00 pm, \$10 (member or non member)

End of season double Elimination tournament, \$15.00 for seed spot.

## SMALL GROUP TRAININGS

Our Small Group Training classes offer a range of options, all taught by **Certified Strength Trainers** who provide you a safe and effective workout. Our goal is to help you meet the specific needs for your best health and fitness and meant to get results!



Gather a group of friends, family or business acquaintances and we will cater your small group training to your goals and fitness abilities as a group Small group training will include fitness assessments every 6 weeks including:

- Body fat percentage
- Flexibility
- Muscular strength and endurance
- Measurements
- Blood pressure
- Cardio respiratory testing

In addition, each group will receive a one hour nutritional consultation by a Registered Diet Technician

Customizable levels from beginner to advanced. Times and days scheduled per room availabilities and group requests. Workouts may include TRX, weight training, pool workouts, or gym work.

Minimum 4 per group and Maximum 10 per group

**FEE: Members: \$80 per person for 6 sessions plus, assessments and group nutritionist  
Program Participant: \$120 per person**

## ADULT BASKETBALL LEAGUE FALL II 3v3

October 30 - December 17

Each participant must pay to play

Registration opens September 11

Stop by the Member Service Center for more details

