



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

HEALTHY LIVING



WENATCHEE VALLEY YMCA ADULT PROGRAM INFORMATION September through December 2017 (revised 9.20.17)

Information on membership, youth swimming lessons, and other program offerings can be found at the membership desk or at www.wenymca.org.

Wenatchee Valley YMCA
217 Orondo Avenue
Wenatchee, WA 98801
509.662.2109

Eastmont YMCA Aquatic Center
980 3rd Street NE
East Wenatchee, WA 98802
509.884.3113

HEALTH AND WELLNESS

THE Y FITNESS CENTER

We have more than 40 pieces of cardiovascular equipment, functional training areas, machine circuit and a free weight area with a variety of work stations. Youth age 11-15 may use the Fitness Center if they are under the direct and constant supervision of an adult family member over age of 21. Uplift graduates may participate without adult supervision.

COACH CONNECTION

A Coach Connection appointment is designed to connect members with our Wellness Coaches and our Fitness Center. Wear your tennis shoes and come ready to work out! The coach will guide you through a series of exercises that will better equip you meet your wellness goals, make lasting changes, and help you navigate the fitness equipment and get you set up in ActivTrax. Our goal is to help you feel comfortable anytime you come to the Y.

Sign up for a coach connection appointment today! - Free with Y membership

PERSONAL FITNESS CONSULTATION

As a Y member, you are entitled to a complimentary Personal Fitness Consultation/Training session with one of our nationally certified personal trainers. Whether you're just beginning to exercise or looking to take your fitness to the next level, our Personal Trainers can help you get there!

One Free Consultation with Y membership

PERSONAL TRAINING

Are you seeking strength & power? Need help with goal setting? Want health tips or positive motivation and encouragement? Our nationally certified personal trainers are here to help you! They will design a fitness program for your needs and your body type. A variety of personal and group training options are offered to help you or a group of your friends meet the desired fitness goals. Personal training is an opportunity to experience the satisfaction of setting and reaching realistic goals while achieving health objectives. Additional information available on our website or contact: Lorrie@wenymca.org or 662-2109.

-Y members only. 1 one-hour session: \$45 // 4 one hour sessions: \$135

GROUP PERSONAL TRAINING

Y Group personal training is tailored for 2-6 of your friends and will be led by a Personal Trainer. Together you will set and reach goals with the added benefit of accountability and friendly competition!

Contact: Lorrie@wenymca.org or 662-2109. - Y members only

12 one hour sessions: \$150 -per person

BODY COMPOSITION

A Body Composition assessment is an accurate way to calculate lean body mass and fat content. Please see a Fitness Center Staff Member if you would like additional information. Advance registration is required at the Membership Service desk.

1st one Free // Members \$10 // Community Members \$20

UPLIFT

Uplift is an educational course that teaches practical components related to free weight, circuit and cardiovascular training as well as general conditioning. Upon successful completion, graduates may participate in adult programs without adult supervision. Sessions are offered each month. Please register at the Membership Service Desk to schedule your child's Uplift Instruction - Y Members only- Grade 6-9

Classes run the 3rd week of every month • Check our website or with Member services for date and time.

Group Uplift Instruction: \$55 // Semi-Private Uplift Instruction: \$120 // Private Instruction: \$165



SUSPENSION TRAINING

Suspension training leverages gravity and your bodyweight to perform hundreds of exercises that develop strength, balance, flexibility and core stability simultaneously. These trainings run for 8 weeks and are designed to progress the strength and functional fitness of the entire group! This program runs several times yearly. For more details, dates and times of upcoming sessions, contact: Lorrie@wenymca.org
Members \$60 // Community Members \$70

W.O.W. Women On Weights

W.O.W. was created for women! Learn proper lifting techniques, principles of training, build knowledge and improve your confidence. This program is for women of any age and training experience & led by a female Nationally Certified Personal Trainer. For more details, contact: Sandy@wenymca.org

Six Week Session • October 30th – December 11th

Mon & Weds • 5:30 – 6:30pm

Members \$60 // Community Members \$90

Register today • Space is limited!

CANCER SURVIVORSHIP REHABILITATION PROGRAM

A 12-week program of exercise and education designed to improve the quality of life for cancer survivors. Many participants have improved quality of life, increased fitness levels, decreased body fat, decreased depression and anxiety, reduced stress, and had fun doing it! The program is a collaboration of groups including: The Wenatchee Valley YMCA, Confluence Health, the EASE Cancer Foundation, and Central Washington University. For more information on this program, contact Membership Services 662.2109.
Members \$50 // Community Members \$150 • Scholarships are available for those in financial need.

GROUP EXERCISE

We offer dozens of free group exercise classes each week. Classes may include Power Toning, Power fusion, Cycling, Circuit Fusion, Zumba, Zumba Strong, Zumba Gold, Yoga, Gentle Yoga, Feelin' Fit, Tai Chi, and Be Fit. Group Exercise offerings are updated monthly and the schedule is available at Membership Services and at www.wenymca.org. New participants are welcome and classes are open to all ability levels. Youth age 11-15 may participate in group exercise classes if they are under the direct and constant supervision of an adult family member over age of 21. Uplift graduates may participate without adult supervision. Free with Y membership

ADULT AQUATICS

AQUA STAND UP® - NEW PROGRAM - CLASSES ARE HELD AT THE EASTMONT AQUATIC CENTER

The best cardio/strength experience in water! We supply the instructor, board and paddle, you supply the energy! Register today to reserve your board!

Monday's • 12:00-12:45pm

Thursday's • 6:00 -6:45pm

Saturday's • 7:30-8:15am

4 for \$40 Members // 4 for \$68 Community Members

\$12 per Class Members // \$19 per Class Community Members

(First 15 minutes are for board set up and class preview) 662-2109 or email Diane@wenymca

WATER FITNESS

Water Fitness classes accommodate all abilities and enhance daily life through strength and endurance exercises in a positive group setting. Youth age 11-15 may participate in adult aquatic programs if they are under the direct supervision of an adult family member over the age of 21. Uplift graduates may participate without adult supervision. Free with Y membership

ADULT/TEEN GROUP SWIMMING LESSONS

Group Swimming Lessons are available for adults and teens at Eastmont YMCA Aquatic Center during the school year. Each six-week session consists of ten 30 minute lessons with two make up classes to allow for other activities or unanticipated pool closures. As classes and sessions are developed, information on dates, times and registration will be available at Membership Services and at www.wenymca.org. Classes with less than four registered may be cancelled. - Age 13 and older

Members \$60// Community Members \$70

ADULT THERAPY SWIM

Adult Therapy Swim is available at the Wenatchee Pool and is free for members OR for the first 12 weeks with a Physician's Referral. - Age 18 and older

Tuesday's and Thursday's 2:00 - 3:00 pm

Please see the current Pool Schedules at www.wenymca.org and at Membership Services for adult open swim, adult lap swim, and water walking scheduled times.

ADULT SPORTS AND RECREATION

GYM ACTIVITIES

The current gym activity schedule is posted outside the gym. If the gym is not being used for its scheduled purpose, others may use the gym, but must leave if members arrive to use the gym for its scheduled purpose. If the gym is not scheduled and there is demand for multiple activities, majority usually rules. However, members may choose to modify their activities to occupy less than the full gym and accommodate the desires of others. The values of caring, honesty, respect and responsibility should be reflected in all interactions.

Adult Basketball

M - F 11:30 am - 1:30 pm (18 years and older*)

Adult Open Gym

M - Th 7:30 pm - 9:45 pm **

F 7:30 pm - 8:45 pm **

Climbing Wall/Sport wall

M, W, F 6:40 pm - 7:30 pm

Sat 10:30 am - 11:30 am



RACQUETBALL

The Y has three regulation racquetball courts available that may be reserved for one hour sessions. Reservations are made with Member Services up to 3 days in advance. Only one reservation may be made at a time and must be played or expired before an additional reservation can be made. To participate in racquetball court activities, children under the age of 15 must be under the direct and constant supervision of an adult family member over the age of 21. Uplift graduates may use the courts without adult supervision. Information on Racquetball instruction and a list of players is available outside the racquetball courts.