



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

HEALTHY LIVING



WENATCHEE VALLEY YMCA ADULT PROGRAM INFORMATION March – August 2018 (revised 3.8.18)

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

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, help you navigate the fitness equipment and set you up in our ActivTrax program, should you wish. We are here to help you feel comfortable and ready to go. 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, Lorrie@wenymca.org or Member Services 662-2109.

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

GROUP PERSONAL TRAINING & BUDDY TRAINING

Group personal training is tailored for 3-6 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!

Buddy Training is for 2 friends that want custom workouts, delivered by an inspiring trainer and the added benefit of accountability and progression! Contact: Lorrie@wenymca.org or 662-2109. Y members only

Group Training: 12 one hour sessions: \$150 -per person / Buddy Training: 12 sessions \$225 -per person

BODY COMPOSITION

A Body Composition assessment is an accurate way to calculate lean body mass and fat content. Advance registration is required at Member Services.

Free for members // 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 check with Member Services 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. Come join us for 8 weeks of progressive strength and functional fitness! This program runs several times yearly. For more dates & details of upcoming sessions, contact: Lorrie@wenymca.org or Member Services.

\$60 Members / \$90 Community Members

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 6 week program is for women of any age and training experience & led by a female Certified Personal Trainer. Contact: Sandy@wenymca.org or Member Services for more information.

\$60 Members // Community Members \$90 / • Space is limited!

BETTER BALANCE WITH TAI CHI

An 8 week evidence-based program proven to reduce fall and improve fitness. The primary focus is balance skills, body alignment & coordinated movements that improve stability, flexibility and strength.

16 Sessions/ M & W 11am -12 noon - Contact Sal@wenymca.org or Member Services.

\$80 Member // \$120 Community Members / 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 experienced 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 - The YMCA, Confluence Health, the EASE Cancer Foundation, and Central Washington University. Fall and Spring Session: 12 weeks/ Wed & Fri 1:30-3pm

\$50 Members // \$150 Community Members • Scholarships are available for those in financial need.

For more information on this program, contact Member Services 662.2109.

Y FIT KIDS - NEW PROGRAM

Our Y-FIT Kids Program promotes age appropriate fitness, health and nutrition while having fun! Your child will exercise twice a week, experience interval & strength training and learn about healthy food choices. We want to get our local youth more active and healthy by exercising, eating healthy, and have fun together!

6 Weeks / Tues & Thurs 5:30-6:15pm / Age: 8-11 / Check with Member Services for dates of sessions.

\$30 Y Member // \$40 Community Member / • Limited space available

HIKE PREP TRAINING

A specialty small group training program lead by a certified trainer to prepare you for exploring our area trails. This program will cover strength and cardiovascular endurance specific to hiking trails, equipment suggestions, a permit list, and a list of trails with varying levels of difficulty. 12 sessions AND a group hike at the end! For more details contact: Sandy@wenymca.org or Member Services.

Tues/Thurs 5:45-6:45 pm/6 weeks -Fall & Spring Sessions

Member: \$60 / Community Member: \$90

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, Be Fit, Chair Yoga and Chair Tai Chi. 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® - CLASSES ARE HELD AT THE EASTMONT AQUATIC CENTER

Weight Loss! Cardio and Strength! Balance and Focus! Core and Back strength! So much FUN!

Monday • 11:45-12:45pm (First 15 minutes are board set up and class preview)

Thursday • 5:45 -6:45pm

FREE for Members // \$10 Community Members, per class // 884-3113 or Diane@wenymca.org

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
\$60 Members // \$70 Community Members

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
Pool Schedules at www.wenymca.org and at Membership Services for pool schedules.

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 that may be reserved for one hour sessions. Reservations are made with Member Services up to 3 days in advance, must be made one at a time and be played or expired before an additional reservation. 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 are free to use the courts without adult supervision. Information on Racquetball instruction and a list of players is available outside the racquetball courts.

