

HEALTHY LIVING

Improving Community Health and Well-being



WELLNESS COACHING

Personal Fitness Consultation

A free opportunity to work with fitness center staff to establish a basic fitness program and set realistic goals.

Fitness Center Orientation

A free overview of Fitness Center equipment and programs. A small group orientation is offered Tuesdays 6:30-7:30 pm or Thursdays 7:00-8:00 am.

12 Week Program

Twelve weeks to a better you! This program is designed to help individuals who wish to adopt a healthier lifestyle, but need support, guidance and direction. Program includes: Four one-on-one appointments with a trained wellness staff member; pre and post body composition testing; and customized 12 week exercise program with weekly support and follow up. Program start dates are available as needed. Please register at the Membership Services Desk.

Personal Training

YMCA Personal Training is an opportunity to experience the satisfaction of setting, pursuing, and reaching realistic health objectives. YMCA Certified Personal Training Instructors help members realize the greatest benefits from their YMCA membership. Trainers can provide the expertise and applications for your specific needs. See Membership Services for more information.

One-On-One Sessions:

Initial consultation \$45

1-hour sessions \$45

Eight 1-hour sessions \$320

Body Composition

An accurate way to calculate lean body mass and fat content. Session includes: body fat analysis through ELG or skinfold calipers. Please see a fitness staff person if you would like additional information. Advance registration required at the Membership Services Desk.

\$20 for Y members

\$40 for program members

Body Composition follow-up

\$10 for Y members

\$20 for program members



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Diabetes Prevention Program

A 16 week group based classroom program designed to support individuals with pre-diabetes in their effort to live healthier lifestyles.

Cancer Survivorship Rehabilitation Program

A 12 week group exercise and support program for people who have been treated for cancer and are trying to transition to a more active lifestyle.

Uplift (grades 6-9)

UPLIFT is a strength-training course that teaches educational and practical components related to Nautilus, free weights, and cardiovascular equipment. Upon successful completion, participants may participate in adult programs without direct parental supervision. Please see the current Youth Program Schedule at www.wenymca.org and at the Membership Services Desk for the dates of the next session. The cost is \$45 for Y members. Private and semi private instruction is also available for an additional charge.

ActivTrax

ActivTrax is a software system that will provide a customized workout for each member each time they come to the Y. Workout results can be recorded at a user friendly kiosk in the fitness center or submitted from a PC or smart phone through a link from the Y's website. Y staff can monitor members' progress and provide support as indicated. ActivTrax also provides members with access to a variety of nutrition and exercise support information. Appointments for an orientation with a Y Health and Well Being coach can be made at the Membership Services Desk.



GROUP EXERCISE

New program participants are always welcome and all programs are open to members of all ability levels. The programs on this page are free to adult members. 13-15 year olds may participate in adult programs under the direct and constant supervision of a parent. Uplift graduates may participate without parental supervision. All programs are offered at the Wenatchee Valley YMCA facility unless otherwise noted.

Aerobics

YMCA aerobics classes use high energy music and choreography to provide a fun and effective cardiovascular workout.

Boxercise

Punch and kick your way to fitness and tremendous core strength. The class format incorporates fun circuit style training and kickboxing combinations.

Crunch

Crunch is a specialized core conditioning class that is designed to enhance core strength and flexibility of the mid-section, backside and lower body.

Cycle and Tone

Jump start your weekend with two classes in one: 30 minutes of group cycling followed by 30 minutes of express strength training. Come for either session or stay for both. **Bike set-up 15 minutes prior to class start time.**

Feelin' Fit

This energetic class is ideal for beginning exercisers or those returning to fitness. It offers moderate aerobic activity with low impact options and light strength training in a comfortable, social atmosphere. Participants are encouraged to work at their own pace.

Friday Combo

Friday Combo incorporates Pilates, Group Cycling, Resistance Training and more into this fun, energizing class.

Group Cycling

A fun-filled, non-impact class, offering a cardiovascular workout for novice to advanced participants. **Bike set-up 15 minutes prior to class start time.**

Pilates/Yoga Combo

This combo class offers the benefit of both Yoga and Pilates while providing a total body strength and flexibility workout designed to balance the body and increase postural awareness.

Power Toning

Power Toning is an energizing strength training workout which utilizes free weights and resistance tubes to help participants increase their resting metabolism and redefine their body composition.

Stroller Fitness

Stroller Fitness is a group fitness class that includes cardio, strength, and stretching components for parents and fun for their young children in strollers. Program members may participate in this program for six weeks at no charge.

Tai Chi

A mind-body class for all ability levels offering stress reduction, balance, and flexibility training through gentle rhythmic movements.

Total Conditioning

Open to all ability levels, Total Conditioning incorporates both strength and cardiovascular conditioning in one class. Traditional and functional strength exercises are combined with a varied cardiovascular format designed to increase muscle tone and boost metabolism.

Yoga

Hatha Yoga can help improve one's strength, flexibility, and balance while reducing stress. It consists of a variety of postures that, when combined with proper breathing, helps relax the entire body.

Zumba

Zumba is a cardio-based class that incorporates traditional exercise moves with Latin dance for a fun-filled workout.

Group Exercise Class offerings and schedules change each calendar month in response to participation. The current Group Exercise Class Schedule is available at www.wenymca.org and at the YMCA Membership Services Desk. Members may also sign up to receive monthly schedule notifications on Facebook.

ADULT SPORTS AND FITNESS

Racquetball

The Y has three regulation racquetball courts available for reservation by Y-members age 16 and older, for one hour of court time. Reservations may be made by members during regular hours of operation for any time on any of the next three days of operation. Only one reservation may be made at a time and must be played or expired before an additional reservation can be made. Children under age 16 may use the courts under the direct and constant supervision of a parent. Uplift graduates may use the courts without parental supervision.

Gym Activities

Y Gym activities include Adult Basketball, M-F 11:30 am - 1:30 pm (18 years and older) and Climbing Wall with auto-belay climbing technology and over 750 square feet to conquer (Climbing schedule is posted in gym). Evening Open Gym times are also posted in the gym and are available to Uplift graduates or Y members age 16 and older.

Adult Basketball

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

Adult Open Gym

M, W, F 8:00 pm - 9:30 pm (16 years and older*)

T, Th 7:10 pm - 9:30 pm (16 years and older*)

*or Uplift Graduate

Climbing Wall/Sportwall

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

F 5:45 pm - 6:30 pm

Sat 10:30 am - 11:30 am

13-15 year olds may use the Nautilus, Cardiovascular, and Free Weight Areas under the direct and constant supervision of a parent. Uplift graduates may participate without parental supervision.

Nautilus Area

Nautilus is a progressive resistance program designed to provide an optimum strength training workout in a minimum amount of time. A circuit of the Y's 16 Next Generation Nautilus machines takes about 30 minutes. The Y offers a free small group orientation on the use of Nautilus and Cardiovascular equipment.

Cardiovascular Area

The area contains more than forty pieces of equipment, including Life Fitness treadmills, stair-stepers, LifeCycles, Concept II rowing ergometers, EFX elliptical trainers, upper body ergometer, step mills, cross-trainers and a versa-climber. A blood pressure check station is also available for members. The Y offers a free small group Fitness Center Orientation on the use of Nautilus and Cardiovascular equipment.

Free Weight Area

The Wenatchee Valley YMCA has a large Free Weight area featuring benches, a squat rack, a Smith machine, Cybex, multi-station cable crossover, barbells, dumbbells, and a variety of other workout stations. Orientations are available as part of a personal fitness consultation.

