

SPECIALTY WELLNESS PROGRAMMING

YOU ARE UNIQUE... YOUR INTERESTS ARE DISTINCTIVE... YOU WANT CLASSES DESIGNED JUST FOR YOU.

Our small group Specialty Programs are created to give you the personalized attention you deserve.

Our Specialty Programs have limited enrollment and are led by specially-trained professionals. Here is how they work:

- Specialty Programs run in sessions (usually 5 or 6 weeks long).
- To enable us to offer these small specialized programs, a fee is charged per session.
- Registration opens at least two weeks prior to the start of the new session.
- Do not delay in registering for the programs of your choice; classes without sufficient enrollment will be cancelled. Popular class times fill up quickly.
- You may register for a Specialty Program through the internet or at our branch.
- After the first class of the session has occurred, credits or refunds are given only with a physician's note documenting inability to participate in the class.

Our staff is continuously developing new Specialty Programs to serve you. Check our website and branch schedules for the latest offerings. Each of our branches offers a unique menu of classes.

Here are just a few of the most popular Specialty Programs that may be available at the branches in your area:

WOMEN ON WEIGHTS

Ladies - let's get some estrogen into the weight room! This small group personal training class is designed to help a woman gain a beautifully sculpted physique while building confidence with weight training equipment. Each week, the certified personal trainer who leads the course will teach new exercises and training techniques.

YOGA

Why is yoga thousands of years old and more popular than ever? Offering you strength, suppleness, energy and peace, yoga will transform your body and enrich your spirit. Come experience the harmony of spirit, mind and body.

STEADY AND STABLE

Boost your balance! Designed especially for adults over 55, this gentle and effective class contains precise exercises that will significantly improve your balance, align your posture, strengthen your legs, and increase your stability. Improve your confidence when you are on slippery surfaces and step stools.

PILATES

Search no more for the secret to a firm, controlled, stable core. This multi-level class pushes your midsection to reach its ultimate potential. Using targeted Pilates movements and various tools such as Pilates rings, stability balls, and small mind/body balls, this class dramatically changes your core abdomen, obliques, and low back through complexity, intensity and precision.

METABOLIC INFERNO

Are you ready to finally take charge of your health and your weight? Stop wasting your time getting your advice from magazines and media ads. This class design is based on the best scientific research about the most effective ways to boost your metabolism and burn fat.

KETTLEBELL CHALLENGE

"Twice the results in half the time." That is what the America Council on Exercise calls kettlebell training. Bringing cardio, strength, flexibility, and balance training together in one amazingly effective workout, kettlebell training is the hottest trend in fitness. Come see why - and your body will never be the same.

IRON TEENS - AGES 13-18

Do you want to build strength and endurance for sports? Do you just want to sculpt your physique? Our trainer will work with you on our strength and cardio equipment, making this small group personal training class suitable for all teen guys and girls, no matter what your experience.

IRON KIDS - AGES 8-12

Each class introduces kids ages 8-12 to a new fitness component, including strength, flexibility, endurance, and agility. Participants learn the YMCA core values as they are guided through the creation of their own workouts.

AB-SOLUTE ONSLAUGHT

Ready for a no-holds-barred onslaught on your middle? In one demanding workout, we combine the most effective exercises from old school training, cutting edge core research, yoga, and Pilates.

**Check at any branch for the menu of Specialty Programs available to you.
The list changes frequently!**