

FREE FITNESS CLASSES

See Fitness Schedule for class dates and times. Schedules are posted on our website and available at Member Services. Classes must maintain at least eight participants in order to remain on the schedule; classes may be canceled without notice. Unless otherwise specified, participants must be at least eight years old and accompanied by an adult to take a group class.

GROUP EXERCISE CLASSES

Sweat it out with one of our awesome Group Exercise classes.

Amazing instructors, good company and great music will get your blood pumping!

- Piloxing
- Zumba
- Step
- Body Combat
- POUND
- WERQ Dance Fitness
- HITT

MIND - BODY CLASSES

Find your spiritual center while benefitting from gentle, rhythmic movements and stretching.

- Yoga w/meditation
- Pilates
- Kundalini Yoga
- Forrest Yoga
- Restorative Yoga
- Hot Yoga (ages 16+)
- Yoga
- Tai Chi
- EFT- Emotional Freedom Technique

BLOOD PRESSURE SELF-MONITORING PROGRAM

Take action to improve your heart health and sign up for our Blood Pressure Self-Monitoring Program. The simple process of checking and recording your blood pressure at least twice a month over a period of four months has been shown to lower blood pressure in some people with hypertension. Blood Pressure Self-Monitoring is an evidence-based program that features personalized support for developing a blood pressure self-monitoring routine, tips for maintaining cardiovascular health and nutrition education.

To see if you qualify or for additional information, contact: Erin Coelho 315-692-4777 ext. 210 or ecoelho@syracuseymca.org

ENHANCE FITNESS

Join us for Enhance Fitness, a proven senior fitness and arthritis management program that improves your endurance, strength, balance and flexibility. It reduces your arthritis symptoms with safe, low impact exercises led by certified instructors in a relaxed atmosphere that promotes fun, laughter, friendship and smiles. Enhance Fitness has been recognized by the CDC and other national organizations committed to improving the health of older adults.

Members FREE; Non-Members \$200 (includes 4 month membership)/18FL2/1411ENHFIT

CARDIOVASCULAR ROOM

Children 8-11 are permitted to use the cardiovascular equipment only while accompanied by a parent. The parent must use the equipment adjacent to the child.

SPRINT TRACK & WEIGHT ROOM

Sports equipment is not allowed on the sprint track. Children under 11 are not permitted.

TURF

Children 8 and above. Please see the turf schedule for availability.

TURF RENTALS AVAILABLE - Please contact Erin Coelho for pricing.

FOR MORE INFORMATION,

Contact Erin Coelho, Director of Health, Wellness & Membership
at 315.692.4777 ext. 210 or ecoelho@syracuseymca.org



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

HEALTH & WELLNESS PROGRAMMING



Fall 2 Session: 10/28 - 12/22
Registration Begins on 10/8
MANLIUS YMCA

SMALL GROUP FITNESS

BOOTCAMP

See Bootcamp Schedule for class dates and times.

\$12 Family Member

\$22 Nationwide/Non-Member

Session: 18FL2 **Code:** 1411AFGO

Hardcore Outdoor Boot Camp

Mondays 5:30pm- 6:30pm

\$12 Family Member

\$22 Nationwide/Non-Member

Session: 18FL1 **Code:** 1411AFGO

Enjoy the outdoors for this heart pounding, sweat drenching, advanced boot camp. Meet Joe in the lobby to sign in and class will be held on the front lawn.

Unlimited Monthly Bootcamp & TRX: \$95

The boot camp style format utilizes all of the equipment the facility has to offer, including the TRX Suspension Training, medicine balls, kettle-bells, battle ropes, tires, weights and the "octagon" functional training system. All levels welcome.

TRX SUSPENSION TRAINING

Mondays 9am-10am

Tuesdays & Thursdays 10:00am - 11:00am

\$12 Family Member

\$22 Nationwide/Non-Member

Session: 18FL2 **Code:** 1411AFGO

A full body workout using body-weight exercise delivered through suspension training equipment. This training offers the ability to utilize the core through functional movements. It is a perfect mix of cardiovascular training & strength training.

BEGINNER BOOTCAMP

Tuesday and Thursday 11:00am - 12:00pm

\$12 Family Member

\$22 Nationwide/Non-Member

Session: 18FL2 **Code:** 1411AFGO

Beginner Bootcamp is a beginner/intermediate boot camp designed to ease into interval training. The class utilizes all of the equipment the facility has to offer, including the TRX Suspension Training, medicine balls, kettle-bells, battle ropes, tires, weights and the "octagon" functional training system.

TRANSFORM

Times determined by instructor / 4 weeks

\$20 Family Member

Session: 18ONG **Code:** 1411TRANS

Ages 14+ / Transform is a program that will provide you with easy to follow tools to get started with a healthier lifestyle. A highly trained coach will be with you every step of the way to encourage & motivate you towards your success.*After completing your 4 sessions, you will receive a \$10 voucher good towards any fitness program.

STRENGTH & CONDITIONING PROGRAMS

Live better. Live stronger. Strength classes improve daily life through enhancing balance, strength, flexibility and agility.

WOW - WOMEN ON WEIGHTS

An 6-week program designed to assist and guide women in the use of free-weights and selected training equipment.

TWO days a week - Tues & Thurs 5:30 - 6:30pm

\$85 Family Member

\$125 Nationwide/Non-Member

Session: 18FL2 **Code:** 1411WOW

ONE day a week - Wed 10:00am - 11:00am

\$45 Family Member

\$85 Nationwide/Non-Member

Session: 18FL2 **Code:** 1411WOW2

STRENGTH CLINICS

October 28-Decemembr 22

Joe Synder, certified personal trainer, will show you how to properly bench, squat, deadlift, and do a proper clean. He will be teaching compound movements and accessory lifts to go with these exercises. He will also empathize proper form in stretching.

Ages 12-16

Thursdays 6:00 - 7:00pm

\$84 Family Member

\$98 Youth Member

\$123 Nationwide/Non-Member

NUTRITIONAL CONSULTANTS

Meet with a Registered Dietician to learn how to improve your wellness by eating well. Together, you'll develop meal plans to fit your lifestyle and your wellness goals. Individual and family packages are available. See Member Services to register today!



ATHLETIC PERFORMANCE

Athletic Performance is for highly motivated athletes that are seeking undivided attention during intense, focused sessions that are specifically catered to the athlete's goals and abilities. Athletes that participate will undergo rigorous training sessions designed to achieve goals and build confidence. Advanced techniques, mechanics, and training accompany detailed programs that challenge comfort zones.

FUNCTION ATHLETES

October 28-December 22

A 7-week class that blends the proper body weight exercise and resistance training to improve the athlete's overall power, speed, agility, balance, and endurance.

\$84 Family Member

\$98 Youth Member

\$123 Nationwide/Non-Member

Ages 8-11

Mondays 5:30 - 6:30pm

Session: 18FL2 **Code:** 1408FA811

Ages 12-14

Tuesdays 5:30 - 6:30pm

Session: 18FL2 **Code:** 1408FA1214

Ages 15-18

Wednesdays 5:30 - 6:30pm

Session: 18FL2 **Code:** 1408FA1518

TENNIS

Ages 12-17

Thursdays 6:30pm - 7:30pm

\$84 Family Member

\$98 Youth Member

\$123 Nationwide/Non-Member

Session: 18FL2 **Code:** 1408TENN

ADULT PERFORMANCE

October 28-December 22

Thursdays 5:30pm - 6:30pm

\$120 Family Member

\$160 Nationwide/Non-Member

Session: 18FL2 **Code:** 1408AFC



PERSONAL TRAINING

Our master trainers will meet, design and individualize a training program just for you. Sessions are 30 minutes or 1 hour long dependent on your monthly package. Register at the member service desk. Group trainings also available. Prior to your training, your personal trainer will sit down with you to discuss goals and objectives.



EQUIPMENT ORIENTATION

***FREE for Members / Ages 12**

Set up an appointment at Member Services or call Erin Coelho at 692.4777 ext. 210

Get comfortable with the equipment! Our Wellness Center features state of the art cardio & strength equipment. Our cardio training center features Precor & Life Fitness ATM's, ellipticals, treadmills, upright bikes & recline bikes. Our strength training equipment includes full circuit training, free weights, a variety of benches, power racks, cable cross & dumbbells ranging from 5 to 100lbs.