FOR MORE INFORMATION
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FREE NEW CLASS DEMOS
DROP IN & TRY ONE OF OUR NEW SMALL GROUP TRAINING CLASSES
No Registration Required

___ BOUTIQUE SPIN
TUESDAY AUGUST 13th at 12:00pm
THURSDAY SEPTEMBER 6th at 9:00am

___ OLYMPIC LIFTING: 101
SATURDAY AUGUST 17th at 9:30am
WEDNESDAY AUGUST 21st at 6:15pm
SATURDAY AUGUST 31st at 9:30am

___ YFIT: CROSSFIT STYLE WORK OUT
SATURDAY AUGUST 17th at 10:00am
WEDNESDAY AUGUST 21st at 7:00pm
SATURDAY AUGUST 31st at 10:00am

___ SMALL GROUP CYCLE
TUESDAY AUGUST 13th at 12:00pm
THURSDAY AUGUST 22nd at 9:00am

PERSONAL TRAINING
Our goal is to help you reach yours! Let one of our personal trainers help you address your health barriers. Our personal trainers will utilize goal setting techniques, help you identify your obstacles, and be a support system. You will be accountable to focus on your overall health outcome!

___ 30 Minute Session
$45 Members
$55 Nonmembers
**$90 3 Sessions/Per Month- Bank Draft Option

___ 60 Minute Session
$55 Members
$75 Nonmembers
**$135 3 Sessions/Per Month- Bank Draft Option

___ Group Sessions
$38 Per Member/Per Session $48 Per NonMember/Per Session

UNLIMITED SMALL GROUP FITNESS PASS
Let one of our personal trainers help you address your fitness goals in a drop in setting! Small group training is the most affordable form of personal training around. Drop in to any and all small group training classes we offer for one price! You will also receive priority in the limited spot classes! Types of classes include: TRX, Boot Camp, Body Grit, YFit, Small Group Cycle/ Boutique Spin, Tennis Boot Camp & Olympic Lifting: 101

___ UNLIMITED MONTHLY CLASSES
$95 Members
$145 Nonmembers

10 OR 20 FITNESS CLASS PASSES AVAILABLE AT MEMBER SERVICES
NUTRITION COUNSELING
An individualized nutrition plan will be developed to help achieve desired health goals, including supporting behavior change and chronic disease prevention. Whether you’re a trained athlete, looking to lose weight, or begin a healthy lifestyle change; nutrition plays a major role in your success!

NUTRITIONAL CONSULTATIONS
Meet with a Registered Dietitian to learn sound nutritional strategies to successfully meet your goals. Registration is required at the member service desk.

SINGLE NUT CONSULTATION 1/60 Minute Session
$55 Members
$75 Nonmembers

BETTER BALANCED PACKAGE
1/60 Minute Session & 2/30 Minute Sessions $99 Members
$139 Nonmembers

FAMILY JOURNEY
1/60 Minute Session & 2/30 Minute Sessions $120 Per Couple/Per
$33 (+) Per Additional Family Member

FITNESS ASSESSMENTS
Here at the Y, we are dedicated to your health and well-being. Join us for these baseline assessments completed by Certified Personal Trainers to see how you’re doing with your fitness goals. Fitness Assessments are series of tests that helps your trainer determine your physical fitness level and aids in developing your personalized program. The results can identify your strengths and weaknesses in relation to your physical fitness and help in setting attainable fitness goals.

ATHLETIC ASSESSMENT: RAPS
$25 Members
$35 Nonmembers

TENNIS ASSESSMENT
$25 Members
$35 Nonmembers

PERSONAL TRAINING ASSESSMENT
$25 Members
$35 Nonmembers

SILVER TRAINING ASSESSMENT
$25 Members
$35 Nonmembers

ATHLETIC PERFORMANCE
STRENGTH FOR YOUR SPORT
At the Y, our cause is strengthening the foundations of community - one person, one family, one team at a time. Athletic Performance Training at the Manlius YMCA will help you build the sport-specific strength you’ll need to reach your potential.

SPORT-SPECIFIC TRAINING
We use safe, proven exercises that mimic the movements of your sport. You’ll see significant, measurable improvements in critical areas, including: reaction time, acceleration, top speed, power, strength, flexibility, balance and agility.

By working together through challenging exercises, you'll build the team spirit you'll need when the season gets tough.

- Functional Strength & Power Development
- Speed, Agility & Conditioning Improvements • Flexibility, Balance & Coordination Training
- Character & Sportsmanship Building

ATHLETIC PERFORMANCE COACHING $25 Members
$35 Nonmembers

ATHLETIC PERFORMANCE COACHING GROUP RATE (4+ ATHLETES)
$15 Per Member/Per Session
$20 Per NonMember/Per Session