FOR MORE INFORMATION:
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HEALTHY LIVING
Commit to Be Fit
6-week class
___ Monday, 9:30 – 10:30 am
___ Saturday, 9:00 – 10:00 am
This cutting edge, scientifically sound, functional cardiovascular and resistance training workout is aimed at getting you in shape to FEEL YOUR BEST! Set weekly goals with your coach, weigh in, complete a fitness assessment and receive recipes and nutritional handouts.
- $40 for Y members.

Transform
Time to Be Determined with Trainer,
Meet, one on one with a Health & Wellness Personal Trainer who encourages and motivates you and provides you with easy to follow instructions to get you started towards a healthier lifestyle. Your coach will work with you to set up a strength routine using the Precor machines providing adaptation when necessary. Sign up today to JUMP start your fitness program.
- 4-30 minute sessions
- $40 for Y Members.

Cycle 101
Monday 2/17–3/23 at 4:30pm – 5:00pm
Tuesday/Thursday 3/3–4/16 10:30am-11:00am
Burn calories, build strength and endurance, and reap the benefits of this low-impact, cardiovascular workout. This FUN six-week course is designed to teach safe and effective biking technique in preparation for other indoor cycling classes. Great for beginners and those who are just getting back into a biking routine. All fitness and skill levels are more than welcome!
- Free for Y Members

Fit Kids
___ Thursday evenings 6:30-7:45
March 5 – April 16, with no class on April 9
Swim, run, build confidence, and overall conditioning class for kids ages 7-14. Class focus is to improve strength and endurance, stroke techniques, body movement both in and out of water and improve overall fitness.
- First class will meet in the gym
- Child must be able to swim one full lap without stopping to register
- No class week of Spring Break
- Fee is $75 for members
- More information will be emailed to parents after registration

STRENGTH & CONDITIONING
Live better, live stronger. Strength classes improve daily life through enhancing balance, strength, flexibility and agility. These classes provide progressive resistance by increasing weight load as you become stronger. Strength training is the only type of exercise that can maintain muscle and metabolism as we age.

Personal Training
Meet one-on-one or in a group with a Certified Personal Trainer to develop a training program to meet your fitness goals. Purchase individual sessions which are valid for 6 months from the date of purchase, or a monthly package available at a lower rate with a minimum of 3-month commitment. We offer 30-minute or 60-minute training sessions. All new training packages include a complimentary consultation. Register at Member Services.
- Members only; must be ages 8 or older.
- Trainer bios are located in the hallway between the cardio and hammer strength rooms.

Fitness Assessments
The personal training staff will conduct the following tests in order to analyze current fitness level. Body composition, 3-minute step test, sit & reach, 1 minute sit up test & 1-minute pushup test. Appointment is required.
- $10 for Y Members
Body Composition
Curious what your body composition is? Meet with a Certified Personal Trainer who will calculate your body composition using skin fold calipers or an Omnitron Monitor. Appointments required.
  • $10 for Y Members

SMALL GROUP TRAINING

Strength in Women
Tues & Thurs 9:30am-10:30am
Wed & Fri 9:30am-10:30am
Wed & Fri 10:30am-11:30am
A Certified Personal Trainer will lead you through this 8-week program that is designed to assist women in the use of free-weights and select training equipment. Participants will learn the importance of strength training and proper technique.
  • $100 for Y Members

Strength in Men *NEW!*
Monday & Wednesday 10:30am-11:30am
A Certified Personal Trainer will lead you through this 8-week program that is designed to assist men in the use of free-weights and select training equipment. Participants will learn the importance of strength training and proper technique. Limited to 10 members per class so register early!
  • $100 for Y Members

Women’s Cardio Boxing
Classes are running 3/23 – 5/2
Tuesday 10:30am-11:30am
Thursday 4:30pm-5:30pm
Friday 9:30am-10:30am
Saturday 8:00am-9:00am
Join us for a fun, challenging and friendly competitive cardio workout featuring a mix of intense focused mitt drills and heavy bag punching drills. This class is 40 minutes of drills followed by 5-10 minutes of abs. Limited number of boxing gloves and hand wraps are available for use by new members. Limited to 12 boxers so register early!
  • $45 for Y Members

Men’s ONLY Cardio Boxing
Tuesday 5:30pm-6:30pm
Thursday 5:30-6:30pm
Join Omar Lutchman, Certified USA Boxing Instructor for a fun, challenging, competitive cardio workout featuring a mix of intense focused mitt drills and heavy bag punching drills. This class is 40 minutes of drills followed by 5-10 minutes of abs. Limited number of boxing gloves and hand wraps are available for use by new members. Limited to 7 boxers so register early!
  • $45 for Y Members

Family Cardio Boxing *NEW*
Family Boxing: for children aged 10-16 with a parent. Join us for a fun, challenging, and friendly competitive cardio workout featuring a mix of intense focused mitt drills and heavy bag punching drills. Limited to 7 boxers so register early!
  • $45.00 for members

Power Play, parent/child Fitness Class *NEW*
Tuesday 1:30-2:15 starting 3/2
Are you looking for a fitness class that you and your child ages 2-5 can participate in together? Then check out our newest class with your family in mind. Class is designed to have fun and spend quality time with your child while getting a great workout. Register today!! One registration per family. Maximum of two children per adult 18+.
  • $45.00 per family

Women on Weights
Tuesdays 9:30am-10:30am
This 6-week class is an introduction to weightlifting for women! W.O.W is designed to be a small group training program to help women feel comfortable lifting weights. Weightlifting is great for a women’s bone and muscle development. Learn proper exercise form and fundamentals of weightlifting while getting a great workout!
  • $60 for Y Members

Individual Nutrition Counseling
Individual Nutritional counseling is available from our YMCA Dietitian Traci McIntosh, M.A., R.D. Traci will provide nutrition counseling to meet your specific needs from weight management, healthy meal planning, sports nutrition, diabetes, hypertension, and other nutritional counseling needs. A Program will be created that’s suited to your personal schedule and lifestyle. Nutrition counseling can help you with a healthier and happier life. See Member Services to register today.
  • Initial Nutritional Appointment - $55.00
    • 60 Minutes
  • Better Balance Package - $99.00
    • one 60-minute session, and
    • two 30-minute follow up appointments.
**ARTHRITIS MANAGEMENT PROGRAM & CLASSES**

**Enhance Fitness (Mon, Wed, Fri 1pm-2pm)**
Join us for evidence based senior fitness and arthritis management program that improves your endurance, strength, balance and flexibility. It reduces your arthritis symptoms with safe, low impact exercise 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.
- February 24 – June 12
- Free for Y Members
- $200 for non-Members
- Includes a 4 month membership
- Registration is Required

**Aquatic Arthritis Program**
The Aquatic Arthritis Program offers a recreation series of gentle activities in the pool. The program is designed to help relieve the pain and stiffness caused by arthritis, while providing a fun, social opportunity. It is not necessary to know how to swim for this shallow end class. Diseases associated with Arthritis such as gout, osteoporosis, fibromyalgia, lupus, scleroderma, Raynaud’s phenomenon, bursitis and tendonitis also benefit from this program. Check registration form for days and times.

**Arthritis Foundation Walk with Ease Program** *NEW*
**February 24 – April 3 Cardio Room**
**Monday, Wednesday, Friday 10:30am-12:00pm**
Walk with Ease is a six-week group exercise program that can reduce pain and improve overall health. Learn how to walk safely and comfortably, while improving your flexibility, strength, and stamina! If you can be on your feet for 10 minutes without increased pain, you can have success with Walk with Ease.

We also offer the following Active Older Adult Group Exercise Classes as part of our Arthritis Management Program: Tai Chi, Zumba Gold, Yoga and Chair Yoga. See the Group Exercise Schedule for class times and descriptions.

**WALKING CLUB KICKOFF**
Friday, April 3 at 9:00am in the Learning Center
This free event is for anyone who has been in the Walking Club previously or is interested in possibly joining. Enjoy a light breakfast and conversation with friends. We will discuss what the walking club is all about including the upcoming walking calendar, group app, walking conditions, level of difficulty and vote on our T-shirt slogan. Please register for this Kickoff event at the Membership Desk or online. Please also register for our walking club!

**YMCA Walking Club**
**Tues & Fri 9:00am-10:00am April-November, weather permitting.**
Start the day off on the right foot and meet your friends for your morning exercise at a local park or trail. Walk at your own pace and enjoy the company of other Y members. Walking is a great form of exercise and it is even better when you can walk and talk with friends. A calendar will be posted indicating the level of difficulty. So, join this wonderful group and get your exercise in early. Hope you can join us, register at the Member Services Desk.
- $15 for Y Members

**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 nutritional education.
- Members with equipment- $25
- Members without equipment- $50
To see if you qualify for additional information, contact: Mary Beth Anderson via phone, 315-637-2025 ext. 220 or email. manderson@ymcacny.org.
**Free Fitness Classes**
See fitness schedule for class dates and times. Schedules are posted on our website and are available at Member Services. Classes must maintain at least 8 participants in order to remain on the schedule; classes may be cancelled without notice. Unless otherwise specified, participants must be at least 8 years old and accompanied by an adult to take a group class.

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**Cycle Classes**
Ride on with the amped up workouts, must be at least 4’11” to ride bikes.
- Cycle 60, Advanced Cycle, Cycle, Cycle 101 and Ride & Ripped

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**Group Exercise Classes**
Sweat it out in our Group Exercise Classes-equipped with amazing instructors, good company, and great music to get your blood pumping!
- 3-2-1 Body Blast, Booty Barre, R.I.P.P.E.D, Turbo Kick, POUND, WERQ Dance Fitness, H.I.T.T, Total Body Strength, Body Combat, Zumba, Zumba Toning and Circuit training.

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**Mind-Body Classes**
Find your spiritual center while benefiting from gentle, rhythmic movements and stretching.
- Chair Yoga, Yoga, Healthy Back, Tai Chi for Arthritis, Moving for Better Balance, Morning Stretching, Meditation, NIA.

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**HEALTH AND WELLNESS CENTER**
Whether you are a new member, new exerciser, or just looking to get back into a healthy exercise routine—we’ll help get you acquainted with the fitness equipment!

Our Wellness Center features state of the art cardio equipment including Precor AMT’s, Nu-Steps, Arc Trainers, Elliptical Machines, Treadmills, upright and recumbent bikes. Our Strength training equipment includes full circuit training, free weights, a variety of benches, power rack, cable cross and dumbbell ranging from 5-100lbs.

**NEW PROCESS**
Children ages 8-11 are permitted to use the cardio equipment only and must be accompanied by a parent. Please sign in at the Fitness desk and obtain a purple wrist band for both you and your child. You both must wear your wrist band and be working out on adjacent pieces of cardio equipment.

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Children ages 12-16 can work out with a parent or complete Teen Fitness Orientation Programs prior to using the equipment on their own (please sign up at the Fitness Desk!)

When using the Health and Wellness Center, please be considerate to others by re-racking weights, wiping down equipment after use, refraining from slamming weights and limiting cell phones use/taking pictures/selfies.

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**Equipment Fitness Orientations**
Adults 17+
Learn proper set up and operation of our cardio and circuit machines with a knowledgeable fitness staff member. Sign up at our member Services Desk for an appointment. **Free** to all members.

**Teen Orientations**
12-13 Year Old
Meet with a Y Leader for up to three one-hour sessions in our Cardio and Hammer Strength rooms. Each session focuses on four components of fitness: warm-up, cardiovascular conditioning and strength training & flexibility. Upon completion receive an orange band that is required to be worn during use of the fitness facility. After completion, participants can use the Cardio and Hammer Strength rooms.

14-16 Year Old
Meet with a Y Leader for up to three one-hour sessions in our Cardio and Hammer Strength rooms. Each session focuses on four components of fitness: warm-up, cardiovascular conditioning and strength training & flexibility. Upon completion receive a red band that is required to be worn during use of the fitness facility. After completion, participants can use all three fitness rooms.

**Test Out (14-16 Year Old)**
We offer a test out option for those teens who have extensive fitness training. They will be asked to demonstrate proper technique and use of fitness equipment and free weights during a one-hour test out session with a Y leader. Upon completion receive a red band that is required to be worn during use of the fitness facility.

For More Information, Contact:
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