

MYZONE

HEART RATE MONITOR

Not all fitness tracking monitors are equal. MYZONE's MZ-3 is the most relevant fitness tracker on the market. Using Bluetooth, ANT+ and Analog technology to provide real time feedback on heart rate, calories, and effort, the MZ-3 ensures that you get accurate feedback on all of your exercise, wherever and however you choose to train.

- Track your heart rate with 99.4% accuracy
- Store up to 16 hours of exercise data
- Sync with your phone using Bluetooth 4.0
- View your live effort stream on group displays in the gym
- Automatic e-mail feedback motivates you to stay on track
- 30 Day Money-Back Guarantee



PREMIUM TRAINING SMALL GROUP PERSONAL TRAINING

60 MINUTES - \$10 PER SESSION - MAXIMUM 8 PARTICIPANTS All level are welcome!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM		HOLRICH		HOLRICH		HOLRICH



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS PROGRAM GUIDE

AGE 8 -
ADULT



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www.ymcaspbc.org

Emily Gates
Director of Healthy Living
561-237-0935
EGates@ymcaspbc.org

SPARTANSGX@YMCA

Spartan is the leading name in Obstacle Course Racing (OCR) which is currently the largest growing sport in the Fitness industry. These races range from 5k to Marathon-Like in distances. Prep your mind and body for these challenges in YMCA's official Spartan SGX program with Certified Spartan SGX (L1, L2, Obstacle Specialist, and Spartan Edge Certified Trainer Angel Kirschweg).

DATES:

- MONDAY: 6:00 P.M. (ANGEL)
- WEDNESDAY: 10:00 A.M. (ANGEL) • THURSDAY: 6:00 P.M. (ANGEL & HOLRICH)
- SATURDAY: 10:30 A.M (HOLRICH)

ALL SCHEDULES ARE SUBJECT TO CHANGE

PRICE:

	MEMBER	NON-MEMBER
SINGLE ADULT:	\$50.00 (PER MONTH)	\$100.00 (PER MONTH)
FAMILY RATE:	\$75.00 (PER MONTH)	\$200.00 (PER MONTH)
DROP-IN RATE:	\$10.00 (PER SESSION)	\$20.00 (PER SESSION)
SMALL GROUP CREATION (SMALL GROUP 4-6 PARTICIPANTS) (FAMILYS INCLUDE 2 ADULTS, 2-3 KIDS)	\$10.00 (EACH)	\$20.00 (EACH)

NEW MEMBERS

SMART START Orientation

Do you want to get into better shape? See and feel results? Lose some weight, feel more energy, look more toned? Whatever your goals, you are more likely to be successful if you help us, help you. Our program is a series of three personalized appointments, 30 to 60 minutes long, designed to support you in pursuit of your health and wellness goals. A Smart Start specialist will meet with you to discuss your needs and interests and together you will develop a plan for success. Come dressed for exercise and ready for a light workout and you will be on your way!

To schedule call: 561-237-0935

Complimentary Personal Training Session

If you are interested in personal training, but are hesitant to make that personal commitment, this is your chance to give it a try! Open to all new members who have not already purchased any personal training package in the calendar year. Learn the importance of how aggressively you should be working-out as well as determining your current baseline. Experience what it's like to have a professional guide your exercise regimen and provide motivational encouragement along the way.

To schedule call: 561-237-0935

Free to new members (a \$70 value)

Wellness Center

Our Wellness Center features over 50 individual pieces of cardiovascular equipment, including NEW Upright Bikes, NEW Elliptical Fitness Crosstrainers™, NEW Adaptive Motion Trainers® with Open Stride™ treadmills and NEW Spinning Bikes!

Ages 8 - 10: May use the cardio equipment only and must be under the direct supervision of an adult at all times.

Ages 11 - 15: May use the strength equipment upon completion of Youth Fitness Fundamentals.

Ages 16+: May use Wellness Center freely.

KIDS & TEENS

Youth Fitness Fundamentals

This class instructs teens how to work out safely and effectively within the Y Wellness Center. It introduces basic muscle anatomy, exercise concepts and guidelines, gym etiquette and safety practices. Once youth have successfully completed the program, they will be allowed to work out in Wellness Center without parental supervision.

Ages: 11 - 15 **Members:** Included

Schedule: (Classes are continuously offered) Teens must complete four classes

Fridays at 6:00 PM, Saturdays & Sundays at 2:00 PM

Cardio Kids

This one on one session teaches your child how to properly use the cardio equipment and the benefits of cardiovascular exercise. **Appointments can be made at the Front Desk.**

Ages: 8 - 10 **Members:** Included

Teen Squad Training

Teen Squad Training harmonizes fun and exercise in a dynamic setting for teenagers of all physical capacities. Experience the Outdoor Performance Training Area in an interactive circuit design, enhancing the mixture of physically challenging obstacles and play. An encouraging certified personal trainer will lead each class to help reinforce positive healthy habits. Class creativity will spark interest, expect to see the following fitness equipment: cones, hurdles, battle ropes, sleds, dumbbells, jump ropes and even punching bags.

Ages: 11 - 15

Members: Free **Schedule:** Tuesdays & Thursdays at 6:00 PM

Stretching at The Y Why Stretch?

Increase range of motion, reduce stress, increase & maintain flexibility.

30-Min Sessions:	60-Min Sessions:
1 Session - \$50	1 Session - \$90
4 Sessions - \$190	4 Sessions - \$350
8 Sessions - \$360	8 Sessions - \$680
12 Sessions - \$500	12 Sessions - \$970

PREMIUM SERVICES

Registration

To sign-up for any premium service, inquire at the front desk or contact the Director of Healthy Living, Emily Gates at 561-237-0935 or egates@ymcaspb.org

Personal Training

Whether you are a novice to exercise, training to improve performance in a sport, or need guidance and motivation to get your fitness program on track, our certified personal trainers are ready to create an individualized exercise program that will meet your specific goals.

Specialized Personal Training options available for Pre & Post Natal and Boxing.

Personal Training is open to members only. All packages expire 90 days from date of purchase.

30-Min Sessions:	60-Min Sessions:
1 Session - \$45	1 Session - \$70
4 Sessions - \$140	4 Sessions - \$246
8 Sessions - \$264	8 Sessions - \$466
12 Sessions - \$360	12 Sessions - \$644
20 Sessions - \$520	20 Sessions - \$1,020

INTRO PACKAGE FOR NEW CLIENTS ONLY:

4-30 Min Sessions: \$99

3-60 Min Sessions: \$149

Group Personal Training

Sometimes working out with a partner or a small group is the best way to consistently exercise and have fun while doing it. Group personal training is a more cost efficient method of exercise and training with a great friend is always motivational.

Partner 30-Min : 8 Sessions - \$180 (per member)
Partner 60-Min: 8 Sessions - \$360 (per member)
Group 60-Min: 12 Sessions - \$120 (per member / 4-6)
Squad 60-Min: 8 Sessions - \$50 (per member / 10 or more)

Tai Chi

Tai = big or great. Chi = ultimate energy. Tai chi is an ancient form of exercise consisting of slow, beautiful, relaxed movements that develops a sense of balance and harmony between mind and body.

Fridays: 1- 1:45 PM

Cost: Free for Members

Non Members- \$25

Location: Group Exercise Studio



Boxing Squad Training

Experience group exercise in our New Outdoor Performance Training Area.

Drop-in - \$10

Monthly - \$50 / month

Boxing Squad

Mondays & Fridays at 9:00 AM

New to boxing or experienced fighters can get a great workout in this class. Experience timed stations that will incorporate punching bags, jump ropes, battle ropes, pull-up bars and more. Each station will challenge your speed, power and endurance.

Pilates Stick

Get all of the movements of Pilates mat class with the added benefit of tower workout moves, all with the twist of a stick.

Tuesdays: 9:15 AM

Cost: \$10 per class (space is limited)

Location: Dance Studio

