



**HEALTHY
LIVING FOR
EVERYONE**

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

PERSONAL FITNESS TRAINING

Healthy lifestyles and personal excellence are common themes amongst our personal trainers. We share a deep sense of caring about our clients, are committed to helping them achieve their goals, and have demonstrated the ability to do so.

Our personal trainers demonstrate a genuine concern for clients. They provide one hundred percent of their attention to their clients, and use their skills, knowledge, creativity, and integrity to design a personalized program for each client.

We work with men and women of all ages and varying fitness levels and goals. Whether you want to lose body fat and tone your body, build serious muscle mass, recover from injury, or reclaim health and spunk—we will help you do it. We strive to see results!

Individual Training

One-on-one sessions with a personal trainer to allow you exclusive attention.

Facility Members	Program Members
1 Session \$50	1 Session \$75
3 Sessions \$145	3 Sessions \$195
10 Sessions \$475	10 Sessions \$650
20 Sessions \$895	20 Sessions \$1295

Training for Two

Prefer to work out with someone else? Sign up for personal training sessions with a spouse, friend, colleague or family member

Facility Members*	Program Members*
10 Sessions \$330	10 Sessions \$455
20 Sessions \$535	20 Sessions \$775

Group Training

Enjoy the outstanding benefits of a personal trainer and the support of your peers by signing up with a small group of 3 to 5 others.

Facility Members*	Program Members*
10 Sessions \$235	10 Sessions \$325
20 Sessions \$360	20 Sessions \$515

* Fees for partner & group training are per person

Customize Your Training

Whether you have never worked out before or are an athlete looking for some extra training, we have something for you! Here are just a few of the specialized programs that we offer:

- General Health and Fitness
- Pre/Post Natal Exercise
- Sports Conditioning and Performance
- Teen Fitness

You name your goal and we'll customize the program for you!

If you have any questions or would like to learn about our personal training, please contact the Health and Wellness Director, Heather Labbe

Phone: 860-871-0008

Email: heather.labbe@ghymca.org



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FOR YOUTH DEVELOPMENT
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Welcome to the Indian Valley Family YMCA. This handout explains some of the programs and services that are available through our Health and Wellness department.

READY TO BE FIT

This 12-week exercise program is available for members and is included in your membership (there is no additional fee). The program is designed for new exercisers or those getting back into the swing of things and uses the equipment in the Ready to Be Fit Center. A coach will provide you with a basic exercise program and meet with you once every three weeks to assist you and slowly add new exercises to your program. The coach will also check in with you and provide a source of support and motivation. At your first appointment, you will receive a wellness key that you can use on the TechnoGym equipment in the Ready to Be Fit Center that will track your exercise data. You can register for the Ready to Be Fit program in the Health and Wellness Center. Please note that you may need to get your physician's signature prior to setting up your first appointment.

PERSONAL TRAINING

If you are looking for a more individualized or specific exercise program, we have certified personal trainers who can design a personalized program for you. Our personal trainers will motivate and educate you during each session. They work with men and women of all ages and varying fitness levels and goals. Both members and non-members may register for personal training as an individual, with a partner, or a small group. Session options and fees are available on our website, www.ghymca.org. You may register in person at the Welcome Center. After registration, you will receive a packet to complete that includes a health history questionnaire. The health and wellness staff will obtain physician clearance for you if needed and your personal trainer will then contact you to schedule your first session.

GROUP EXERCISE

We have a variety of land and water group exercise classes that are included in your membership. We offer a variety of tween (for 8-12 year old members) and family classes as well. Registration is not required for most classes, however class size may be limited due to space and equipment. Members are asked to stop by the Welcome Center as early as 30 minutes prior to group cycle classes to reserve a bike. Occasionally a handful of classes will be available for non-members for a fee. These classes will be listed on our website, www.ghymca.org and non-members can register online or in-house. Our current schedule is available on the website and printed copies are available on the Group Exercise information board.

PROGRAMS, EVENTS, WORKSHOPS, & SEMINARS

Each program session we offer a variety of programs, special events, workshops and seminars on various health and wellness related activities or topics. Some programs are one-day sessions and some are longer in length. Many programs are free to members and available to non-members for a fee. Some programs however are fee-based. A complete listing of offerings for the current session is available on the website, www.ghymca.org and you may register for these special programs online or at the Welcome Center.

Nutritional Counseling: Let our Registered Dietician help you find the perfect food plan to support you in meeting your personal health and wellness goals. Individual and group sessions available by appointment at the Welcome Center.

Massage & Reiki Therapy: Are aches, pains or stress getting in the way of reaching your goals? Experience, certified Massage and Reiki Therapist are available by appointment at the Welcome Center.

QUESTIONS OR FEEDBACK

Please share your questions and comments with us! If you would like to see more programs offered, please let us know.

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