

Fitness and Health

(Fitness Center, Personal Training, Adult Wellness, Youth Fitness)

Fitness Office.....ext. 136
Fitness Center.....ext. 150

Are you looking for a quiet and friendly place to exercise and reach your fitness goals? If so, the YWCA is just what you're looking for! We offer a friendly, low-key atmosphere where everyone can feel comfortable. Our staff is always available to answer questions about the equipment or help you find an exercise that works for you.

In our spacious Dance Studio, we offer a variety of group exercise classes that are taught by experienced and caring instructors. Class sizes are small so you are sure to receive lots of personalized attention.

To help you get started, one of our personal trainers will give you a free 45 minute training session. For more information and to set up an appointment, call ext. 150.

Free Parking Available!

Fitness Center Hours

Monday-Thursday 6:00 am to 8:00 pm
Friday 6:00 am to 7:00 pm
Saturday 8:00 am to 2:00 pm
Sunday 8:00 am to 12:00 pm

Fitness Center Holiday Closings

Aug 28 - Sept 5, 2011
Nov 11 and Nov 24;
Dec 24 closing at 2pm
Dec 25-26;
December 31 closing at 2pm;
January 1-2, 2012
January 16
April 6 closing at 3pm
April 8
May 28

Check with the Front Desk personnel for additional class holiday schedules.

Talk to your doctor first!

We recommend that you check with your physician before beginning any exercise program (medical clearance may be required in some cases).

All-Access Plans (Fees see p2)

- One free 45 minute Personal Training Session
- Workout program based on your individual needs and goals
- Unlimited use of the Fitness Center
- Unlimited Group Exercise classes (except fee-extra classes)
- 50% Off Fee-Extra classes
- Unlimited pool usage during scheduled times

Fitness-Room-Only Plans

(Does not include pool usage or group classes)

- One free 45 minute Personal Training Session
- Unlimited use of the Fitness Center
- 50% Off Fee-Extra classes

Pay-As-You-Go Plan

No commitment, cancel anytime with 30 days written notice. First month's fee is prorated from the date you sign-up to the 19th of the month.

Group Exercise Classes

Low-Impact, Step, Sculpt and Stretch, Pilates, Yoga, Spinning, Abs, etc. (Class offerings subject to change at any time.)

Forever Fit Program*

(does not include pool usage)

You may qualify for a free "Fitness-Room-Only" plan, if you are a member of any of the following:

- Aetna Medicare HMO or PPO
- ASH Silver & Fit for Seniors
- Active & Fit 18-64 years
- Medicare Advance Prism Network

To apply, please bring your Aetna, American Health Specialty, Prism Network, or Medicare card and driver's license to the registration desk.

**Upgrade to an "All-Access Plan" for only \$150/year and enjoy access to the pool and group exercise classes. This fee is for one year from the date you sign up. No extensions and no refunds.*

Affinity Health Plan members get 10% off any annual fitness plan.

Personal Training

Become another YWCA success story by working with one of our trainers. Whether you choose to train five times a week or once a month, a trainer's guidance and motivation will go a long way in helping you reach your health and fitness goals.

Personal Training	Single	5 Pack	10 Pack
30 minutes	\$45	\$190	\$340
45 minutes	\$55	\$235	\$430
60 minutes	\$65	\$280	\$520

Group Personal Training (2-3 people)		
60 minutes	\$80	\$340

You are responsible for notifying your trainer within 24 hours if you are unable to make your session. Failure to do so will result in the session being counted as used. All sessions must be used within 1 year of purchase. No refunds are issued on personal training.



Other Adult Fitness Programs

Parkinson Support Group of Westchester
For information call Chuck Bronz, Exercise Leader, at (914) 428-0449.

Multiple Sclerosis Society (Tai-Chi and Yoga)
Call Carol Giordano at (914) 694-1655 ext. 31 for information.

Adult Wellness: Fee-Extra Classes

> Adult Afternoon Yoga

Take yoga with legendary instructor Chris Glover. This 90-minute class will stretch and strengthen your body while reducing stress.

Monday	12:45 - 2:15 pm	
Sept 12 - Jan 9*	\$323	AFM1YG
Jan 23 - June 4*	\$363	AFM2YG

(*No class 12/26, 1/2, 4/9, 5/28)

Friday	12:45 - 2:15 pm	
Sept 16 - Jan 13*	\$335	AFF1YG
Jan 27 - Jun 8*	\$363	AFF2YG

(*No class 11/11, 11/25, 4/6, 4/13)

> Senior Weight-Loss and Toning

Tuesday	10:30 - 11:30 am	
Sept 13 - Oct 25	\$133	AFT1SW
Nov 1 - Jan 10*	\$190	AFT2SW
Jan 17 - Mar 20	\$190	AFT3SW
Mar 27 - Jun 5	\$190	AFT4SW

(No class 11/8, 4/10)

> Zumba

Ditch the workout! Join the party and shimmy with Zumba! Come in one day or all three days each week.

Winter Session:	Sept 12 - Jan 12	
Win/Spring Session:	Jan 23 - Jun 8	

3-Day Zumba Pass

Fall	\$325	AF3DZU
Winter/Spring	\$335	AF3DZU

Purchase your Fall Zumba Pass by September 31, 2011 and take \$100 off!
Purchase by October 31, 2011 and take \$50 off 3-Day Pass price.

Monday	6:00 - 7:00 pm	
(No class 12/26, 1/2, 4/10, 5/28)		
Tuesday	9:20 - 10:20 am	
(No class 11/8, 4/10)		
Thursday	6:00 - 7:00 pm	
(No class 11/24, 4/2)		

> Weight-Loss and Toning

Get a full body workout in our Fitness Center under the guidance of a trainer. Learn how to work at the ideal level of cardiovascular intensity and how to exercise with the proper form to burn fat and get toned. Ideal for all ages!

Tuesday	6:45 - 7:45 pm	
Sept 13 - Oct 25	\$133	AFT1WT
Nov 1 - Jan 10*	\$190	AFT2WT
Jan 17 - Mar 20	\$190	AFT3WT
Mar 27 - Jun 5*	\$190	AFT4WT

(*No class 11/8, 4/10)

Thursday	6:45 - 7:45 pm	
Sept 15 - Oct 27	\$133	AFH1WT
Nov 3 - Jan 12*	\$190	AFH2WT
Jan 19 - Mar 22	\$190	AFT3WT
Mar 29 - Jun 7*	\$190	AFT4WT

(*No class 11/24, 4/12)

Youth Fitness Classes

A minimum of 5 participants required to conduct a class.

> Our Little Ninjas

Your little dynamo will learn the basic drills of martial arts through movement and encouragement in a fun way. This program will help your child develop self-control, improve listening and teamwork skills and focus on a healthy lifestyle.

> Little Ninjas (3-5 yrs old)

Tuesdays	3:45 - 4:15pm	
Sept 13 - Nov 1	\$152	YFT1LN
Nov 8 - Jan 3	\$152	YFT2LN
Jan 17 - Mar 13	\$152	YFT3LN
Mar 27 - May 22	\$152	YFT4LN

(no class 12/27, 2/21, 4/10)

> Little Ninjas Group (5-7 yrs)

Thursday	4:30 - 5:15pm	
Sept 13 - Nov 1	\$152	YFH5LN
Nov 8 - Jan 3	\$152	YFH6LN
Jan 17 - Mar 13	\$152	YFH7LN
Mar 27 - May 22	\$152	YFH8LN

(no class 12/27, 2/21, 4/10)



> Super Soccer Stars!

Super Soccer Stars, New York's most popular soccer development program for ages 2 and up continues with small groups of boys and girls to develop skills, self-confidence, and teamwork in a FUN, non-competitive, educational environment. Positive reinforcement and a low child-to-coach ratio ensure that each child will improve his or her soccer skills through engaging warm-ups, drills and games, all while having endless fun!

This year, we've added sessions for children ages 6 - 10 during the week.

Enroll and keep the ball rolling!

Session Dates (Each session runs 8 weeks)

September 11 - November 2
 November 6 - January 8
 January 22 - March 11
 March 25 - May 20

No Class Dates: April 8, 9



SUNDAYS	Mini Gym	\$240
Age 2's	9:30-10:10 am	YFU2SS
Ages 3-4	10:15-11:00 am	YFU3SS
Ages 4-5	11:05-11:55 am	YFU4SS

MONDAYS	Dance Studio	
Ages 5-7	4:00 - 5:00 pm	YYM5SS
\$240	Fall Sessions	
\$210	Winter & Spring Sessions	

> **Classic Ballet** ABT NTC Program

(American Ballet Theatre National Training Curriculum)

Alyse Keyser, Ballet Dance Instructor. Alyse is one of only 25 instructors certified in the ABT method. This program is designed to teach all levels of dancers based on poise, kinetics, and coordination while building self-confidence and grace.



This program follows the American Ballet Theatre dancing syllabus to teach students safe and progressive training. Pink ballet leotard and pink ballet slippers are required. Hair must be away from the face. Beginner level students must be age 4 by September 2011.

You may contact the Ballet Director with any questions or concerns at: 661-301-3960 or alyse.keyser@gmail.com

LEVELS:

Creative Ballet: Ages 4-5

Primary A Ballet: Ages 5+ Kindergarten

Level 1 Ballet: Age 8+

Level 1/2 Ballet: Age 10+ or Fourth and Fifth Grade

Level 3 Ballet & Pointe*: 12 years old/ Sixth Grade and above

Primary C Ballet* 7+ years old thru Second/Third Grade

(*Ballet Director's approval required.)

Tuesday Primary A 4:00 - 5:00 pm

Sept 13 - Jan 10 \$323 YFT1AB

Jan 31 - Jun 5 \$323 YFT1AB

(no class 12/20, 12/27, 4/10, 5/22)

Tuesday Level 1/2 5:00 - 6:00pm

Sept 13 - Jan 10 \$323 YFT2AB

Jan 31 - Jun 5 \$323 YFT2AB

(no class 12/20, 12/27, 4/10, 5/22)

Friday Sept 16 - Jan 20 / Feb 3 - Jun 8

Primary C (\$285) 4:15 - 5:15pm YFF1AB

Level 2 (\$285) 5:15 - 6:15pm YFF2AB

Level 3 (\$285) 6:15 - 7:30 pm YFF3AB

(no class 11/26, 12/24, 12/31, 4/6, 4/13)

Saturday Sept 17 - Jan 21/ Feb 4 - Jun 9

Creative Ballet 9:00-10:00am YFS1AB

Primary C 10:00 - 11:00am YFS2AB

Level 3 11:00 - 12:30pm YFS3AB

(no class 11/27, 12/25, 12/31, 4/7, 4/14)

Pool Party Rentals

Whole or half-pool party rentals available after regular swim hours on Saturdays and Sundays.

Half Pool Rental - Max. 25 persons

\$260 for members

\$285 for Non-members

Whole Pool Rental - Max. 65 persons

\$360 for Members

\$385* for Non-members

*fees include room rental

Enjoy our beautiful pool for your special event. As a bonus, your guests will receive one free open swim pass to come back and visit us another time. For information call: (914) 949-6227 ext 140 or email: sfranze@ywcawpcw.org.

