

Fitness and Health

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

Fitness Office.....ext. 130
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 and 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.

We offer a variety of group exercise classes in our beautiful Dance Studio, taught by experienced and caring instructors. The average class size is 10 participants, 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 orientation call ext. 150.

Free Parking Available!

Fitness Center Hours

Monday-Thursday 6:00 am to 9:00 pm
Friday 6:00 am to 8:00 pm
Saturday 8:00 am to 2:00 pm
Sunday 8:00 am to 12:00 pm

Holiday Schedules/Closings

Fitness Center Closing Schedule
Aug 31 - Sept 6; Nov 11, 26; Dec 24-25; Jan 1, 18

Group Exercise Closing Schedule
Aug 24 - Sept 6; Nov 27; Dec 31

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

>3 Month Plan (Does not include free personal training session or 50% off fee-extra classes)

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

Zumba, Low-Impact, Step, Sculpt and Stretch, Pilates, Yoga, Spinning, Abs, etc.

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 drivers 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
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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.

Personal Training SPECIAL!

Purchase any 45-minute or more personal training 5 Pack and receive 1 free 45-minute session.

Purchase any 45-minute or more 10 pack and receive 2 free 45-minute sessions.

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

Payment Plans available. For information please visit the registration desk or call the Fitness Office at x130.

Fall Session: September 13, 2010 - January 15, 2011

> 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 AFM1YG
(No class 12/27) Fee: \$323

Friday 12:45 - 2:15 pm AFF1YG
(No class 11/26, 12/24, 12/31) Fee: \$285



> Weight-Loss and Toning

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

Tuesday 6:45 - 7:45 pm
Sept 14 - Oct 30 \$133 AFT1BC
Nov 2 - Jan 11 \$190 AFT2BC
(No class 12/28)

Thursday 6:45 - 7:45 pm
Sept 16 - Oct 28 \$133 AFH1BC
Nov 4 - Jan 13 \$152 AFH2BC
(No class 11/11, 11/25, 12/30)

Youth Fitness Classes

A minimum of 5 participants registered required to conduct a class.

>NEW! 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)
Thursday 3:45 - 4:15pm YFH1LN
Sept 15 - Jan 13 \$285
(no class 11/11, 11/25, 12/31)

> **Little Ninjas Group (5-7 yrs)**
Thursday 4:30 - 5:15pm YFH2LN
Sept 15 - Jan 13 \$285
(no class 11/11, 11/25, 12/31)

> 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 2010.

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

Tuesday 4:00 - 5:00pm YFT1AB
Primary B Ballet 9/ 14 - 1/ 11 \$323
(no class 12/28)

Tuesday 5:00 - 6:00pm YFT2AB
Primary C Ballet 9/ 14 - 1/ 11 \$323
(no class 12/28)

LEVELS:

Creative Ballet: Ages 4-5 (Age 4 by 7/1)

Primary A Ballet: Ages 5+ Kindergarten
Level 1B/2 Ballet: Age 10+ or Fourth and Fifth Grade

Primary B Ballet: Age 6+ or First Grade
Level 3 Ballet and Pointe*: 12 years old/ Sixth Grade and above

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

(*Must have Ballet Director's approval to register.)

Friday Sept 17 - Jan 14 \$285
Primary A 4:15 - 5:15pm YFF1AB
Level 1B/2 5:15 - 6:15pm YFF2AB
Level 3 6:15 - 7:30 pm YFF3AB
(no class 11/26, 12/24, 12/31)

Saturday Sept. 18 - Jan 15 \$285
Creative Ballet 9:00 - 10:00am YFS1AB
Primary C 10:00 - 11:00am YFS2AB
Level 3 11:00 - 12:30pm YFS3AB
(no class, 12/25, 1/1)



> 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! Enroll and keep the ball rolling!

SUNDAYS: starting Sept 12 & Oct 31
Sunday Mini Gym \$210
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
Each Fall session runs 7 weeks.