

Fitness Center Plans

Registration Desk.....ext. 101
 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, from the beginner exerciser to the serious fitness enthusiast. Our staff is always available to answer questions about the equipment or help you find an exercise that works for you.

We offer a wide 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.

For kids ages 5-15, we have martial arts, dance classes and other fitness programs. See page 7 for details.

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
 Jan 1, 18; Feb 15, April 4, May 31

Group Exercise Closing Schedule
 Jan 1, 18, Feb 15, April 17, May 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).

Group Exercise Classes

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

All-Access Plans

- One free 45 min. Personal Training Session
- Customized Fitness Workout Program

- 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

Prepaid Plans:

No Refunds or Credits on any prepaid plans

>Annual Plan

Individual	\$495
Seniors	\$475
Individual & Spouse	\$850
Adult + 1 child	\$690
Family*	\$950

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

Individual	\$200
Seniors	\$150
Family*	\$325
Student (15-28 or au pair)	\$ 99

*children ages 12-15 must be accompanied by an adult at all times or be enrolled in Fitness 101.

1 Day All Access \$20

Employees of schools, on-profits or government agencies \$425

Parent of Middies, Nursery School, Child Care, Kids' Connection, and Gymnastics Team participants \$445

Fitness-Room-Only Plans

(Does not include pool usage or group classes)

- One Free 45 min. Personal Training Session
- Unlimited use of the Fitness Center
- 50% Off Fee-Extra classes

Individual	\$400
Seniors	\$375
Individual + Spouse/Partner	\$755
Family*	\$850

*children ages 12-15 must be accompanied by an adult at all times or be enrolled in Fitness 101.

**Hurry in & Sign Up!
 New Year-New Leaner You!
 Individual, Senior and**

Family plan discounts for New Members & Renewing Members* Get \$75 OFF Annual All-Access or Fitness Room Only Plan.

This offer ends February 28th 2010.

No coupon needed. Offer cannot be combined with any other promotion. Discount must be requested at the time of registration.

*A renewing member is anyone with a current fitness plan or one which has expired within the last 3 months.

Pay-As-You-Go Plan:

Individual	\$50 One-time fee & \$50 mo
Family	\$120 One-time fee & \$90 mo

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.

Sorry, we don't allow double discounting. If you qualify for more than one discount, choose the one that saves you more.

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 will get 10% off any annual fitness plan.

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.

Adult Fitness Classes (Fee-Extra)

Personal Training

(call x130)

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

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.

Sessions must be used within 1-year of purchase. No refunds.

Group Exercise Class Tickets Now available!

**\$15 per class ticket
\$60 – 5 class tickets**

***Non-Fitness Members welcome!**



Adult Classes

Payment Plans available. For information please visit the registration desk or call the Fitness Office at x130, or email: mthomas@ywcawhiteplains.com

> Boot Camp at the YWCA

Want to increase your endurance while getting a leaner you? Be a part of the YWCA BOOT CAMP experience. In just six short weeks you will see a dramatic change in your physical appearance and mental health. The class meets three times a week for a total body workout! Early morning workout gets the job done!

Prices are per session

All three classes cost: \$315
One day a week: \$133
Two days a week: \$252

Monday 6:30-7:30 am		
Session I	Jan 25 - Mar 15	AFM1YB
<i>(no class Feb 15)</i>		
Session II	Mar 22 - May 3	AFM2YB
Session III	May 10 - Jun 14	AFM3YB
<i>(no class May 31)</i>		

Wednesday 6:30-7:30 am		
Session I	Jan 27 - Mar 10	AFW1YB
Session II	Mar 17 - Apr 28	AFW2YB
Session III	May 5 - June 16	AFW3YB

Friday 6:30-7:30 am		
Session I	Jan 29 - Mar 12	AFF1YB
Session II	Mar 19 - Apr 30	AFF2YB
Session III	May 7 - Jun 18	AFF3YB

> 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		
Jan 25 - Jun 14	AFM1YG	Fee: \$361
<i>(No class 2/15, 5/31)</i>		

Friday 12:45 - 2:15 pm		
Jan 29 - Jun 18	AFF1YG	Fee: \$285
<i>(No class 4/16)</i>		

Session Dates: January 25 - June 20

> Weight Training for Seniors

Weight training is essential for everyone, but it's especially important for seniors. It strengthens bones and muscles, keeps joints healthy and improves flexibility and balance.

Tuesday 10:30 - 11:30 am		
Jan 26 - Jun 15	AFT1WS	Fee: \$399

Thursday 10:30 - 11:30 am		
Jan 28 - Jun 17	AFH1WS	Fee: \$399

> 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!

Monday 6:45 - 7:45 pm		
Jan 25 - Jun 14	AFM1BC	\$361

Tuesday 6:45 - 7:45 pm		
Jan 26 - Jun 15	AFT1BC	\$380

Wednesday 6:45 - 7:45 pm		
Jan 27 - Jun 16	AFW1BC	\$380

Thursday 6:45 - 7:45 pm		
Jan 28 - Jun 17	AFH1BC	\$380

> New! Pre- Natal Yoga Class

Give yourself the opportunity to learn new techniques to help you focus and connect with your new "little joy". Learn to stretch, in order to soothe your sore back, legs shoulders. Learn relaxation, breathing and medication techniques to prepare you for the big day!

No experience necessary, but practice will enable you to do more challenging poses as you progress.

Tuesday 10:30 - 11:30 am		
Jan 26 - Jun 15	\$380	AFT1PY
<i>(no class 2/16, 3/30)</i>		

What to bring: towel, bed pillow, strap (bathrobe belt will do), water.

You will need written medical consent.

Youth Fitness Classes

Payment Plans Available! For information please visit registration desk or call the Fitness Office at ext. 130 or email: mthomas@ywcawhiteplains.com.

> Classical Ballet – Royal Academy of Dancing

Jessica Danahy, Instructor
Ballet training teaches poise, self-confidence and grace. This program follows the Royal Academy of 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 January 2010.

Note: It is highly recommended that students in levels 1-6 take both weekly classes.

Friday	Jan 29 - Jun 18	\$342
<i>(no class 2/19, 4/2, 4/16)</i>		

Level 1/2 (Ages 7-8)		
4:15 - 5:15 pm	YFF1RB	

Level 3/4 (Ages 8-10)		
5:15 - 6:15 pm	YFF2RB	

Intermediate & Point (Ages 11+)		
<i>(Except for those who had previously been registered for this class)</i>		
6:15 - 7:15 pm	YFF3RB	

Saturday	Jan 30 - Jun 19	\$342
<i>(no class 2/20, 3/6, 4/3, 4/17)</i>		

Beginners & Adv. Beginners (Ages 4-5)		
9:00 - 10:00 am	YFS1RB	

Primary (Ages 6-7)		
10:00 - 11:00 am	YFS2RB	

Intermediate (Ages 11+)		
11:00 - 12:00 pm	YFS3RB	

> Karate

Our Karate program helps children build self-confidence as they learn discipline, respect, and valuable self-defense skills. Instructor Jimmy Santiago is a 7th Degree Black Belt and former Lightweight Champion, with over 30 years of teaching experience. Ages 5 and up.

Monday	6:15 - 7:15 pm	\$342
Jan 25 - Jun 14	Beginners	YFM1KA
<i>(no class 2/15, 5/31)</i>		

Friday	Jan 29 - Jun 18	\$342
6:15 - 7:15 pm	Beginners	YFF1KA
7:15 - 8:15 pm	Adults	YFF2KA
<i>(no class 2/19, 4/2, 4/16)</i>		

> Fitness 101

Does your child want to learn how to exercise in a gym environment? If so, this program is just what he or she needs. From medicine balls to treadmills your child will have a blast with this fun, safe, age-appropriate fitness program. Goal-setting, challenges, progress reports and fun workouts will keep your child motivated.

5th-8th Grade		
Monday	4:00 - 5:00 pm	

Jan 25 - Mar 29	YFM1F1	\$152
<i>(no class 2/15)</i>		

Apr 5 - Jun 14	YFM2F1	\$190
<i>(no class 5/31)</i>		

Wednesday	4:00 - 5:00 pm	
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Jan 27 - Mar 24	YFW1F1	\$171
Apr 7 - Jun 16	YFW2F1	\$228

Friday	4:00 - 5:00 pm	
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Jan 29 - Mar 26	YFF1F1	\$171
April 9 - Jun 18	YFF2F1	\$209

>New! Stroller' n Baby Workout

Have your baby be a part of this great workout while shaping up and having fun! Rain or shine we will walk indoors as a basic workout. Working with your stroller we will do basic aerobic, flexibility and circuit training exercise. Your baby can be right alongside or next to you during the class.

If your baby is little, consider bringing a baby bjorn or snuggie in addition to your stroller, just in case your child wants to be close to Mom that day.

Monday	9:30 - 10:30 am	\$361
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Jan. 25- June 14	AFM1SW	
<i>(no class 2/15, 5/31)</i>		

Wednesday	6:45 - 7:45 pm	\$361
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Jan 27 - Jun 16	AFW1SW	
<i>(no class 2/17, 3/31)</i>		

> Wee Play Sports Program! (4-5 yrs)

Let's play! Encourage your child to be a part of the team. A variety of sport activities that will teach your child the basic fundamental of various sports activities.

Your child will improve their eye-hand coordination in a fun and positive environment.

Saturday	8:00 - 8:45 am	\$228
Jan 30 - Jun 19		YFS1WP
<i>(No class 3/6, 4/3, 4/17)</i>		

> Our Little Ninja's (3-5 yrs)

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

Thursday	4:30 - 5:15 pm	\$361
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Jan 28 - Jun 17	YFH1WP	
<i>(no class 2/28, 4/1)</i>		



> 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!

Wednesday	Dance Studio	
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Session I	Jan 27 - Mar 24	240
Session II	Apr 7 - Jun 16	\$330

Ages 3-4	12:45-1:30 pm	YFW1SS
Ages 4-5	1:40-2:30 pm	YFW2SS

Ages 4-5	2:40-3:30 pm	YFW3SS
K-2nd	4:00-5:00 pm	YFW4SS

Sundays	Mini Gym	
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Session I	Jan 24 - Mar 28	\$300
Session II	Apr 11 - Jun 13	\$270
<i>(no class 5/30)</i>		

Age 2's	9:30-10:10 am	YFU7SS
Ages 3-4	10:15-11:00 am	YFU8SS

Ages 4-5	11:05-11:55 am	YFU9SS
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