

Individual Wellness Programs

Commit to be Fit

This program is designed to help you commit to your fitness program. You will meet one-on-one with a fitness professional and they will help you eliminate any barriers you may have that keep you from living a healthier lifestyle. The program consists of goal setting, motivation, health assessment and will hold you accountable with follow-ups. Commit to be Fit is FREE to members and sign ups can be done at the Member Service Center.

Cost: Free with a membership

Fitness Orientation

Learn about the Fitness Center. Get started on a fitness program taught by one of our trained staff. A Fitness Orientation consists of goal setting, strength & cardiovascular training, charting, and a body analysis. Fitness Orientations are FREE to members and sign ups can be done at the Member Service Center.

Cost: Free with a membership



*I don't know where to start!
Stop by the Member Service Center and
sign-up for Commit to be Fit*

Focus on Fitness (Beginner Program)

This six session program provides instruction and motivation to start you in the right direction. It will help you establish goals, learn about the fitness center and nutrition, build a workout plan and calculate your body analysis.

Cost: \$50 members only

Be Trained (The Works)

Personal Training is great for individuals desiring private instruction and guidance during their workouts. Our trainers will help you set and reach specific goals, reach new fitness levels, help you stay motivated, and add challenge to your current workout. Contact Lisa for more information.

Cost: Eight-Session Program \$240

Twelve-Session Program \$300

Fitness and Fun: The Y is the ultimate place for Healthy Living!

Fitness Center: Learn how to improve your health the Y way while enjoying a complete workout. Cardio machines, Nautilus circuit, Hammer Strength, and free weights.

Aerobic Room: Enjoy a workout in one of the best fitness classes around, while meeting new friends in a group environment. Check out a full schedule of classes on pages 9 and 10.

Aquatic Center: Enjoy a workout in the water while building strength, endurance and self confidence. 25 yard 8 lane lap pool, zero depth entry rec pool, lazy river, steam room, sauna, Jacuzzi, and water slide.

Gymnasium / Racquetball Courts: Enjoy a competitive workout while learning sportsmanship and the importance of teamwork. 2 racquetball courts and a full size basketball court.