

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

**POWER PUMP** Weight training exercises designed to build muscle endurance in the major muscle groups. Light to moderate weight is used, with high repetitions.

## **BIKING**

A non-impact, individually paced cardiovascular workout that is fun, challenging and for all fitness levels. Both men and women of all ages can enjoy the program. Achieve new levels of fitness. control and stability.

## **PILATES**

Build core strength in abs and back while enhancing body alignment, control and stability.

**STEP** Warm up, step aerobics, ab work, cooldown, stretch.

## **HOT!**

Zumba Dance your way to a fitter you, exciting and unique latin moves and rhythms that is taking the world by storm. **Zumba** is designed for everyone, every shape and age. All exercisers from beginner to advanced will enjoy the benefits of a **ZUMBA** class!

## **SilverSneakers Muscular Strength & Range of Movement**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

## **SilverSneakers Cardio Circuit**

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

## **SilverSneaker Yoga Stretch**

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

## **Y-PERSONAL FITNESS**

4 week starter. Individualized program designed specifically for adults who are new or returning exercisers. This program consists of a cardiovascular and muscle conditioning format that provides structure and 4 one to one appointments with a certified trainer. **Members FREE Call for an appointment**

## **YMCA FITNESS ASSESSMENTS**

Fitness testing utilizing the YMCA National Fitness Testing Protocol. Performed by a YMCA Fitness Specialist. Testing Includes: Resting Heart Rate/ Blood Pressure, Body Composition (fat to lean muscle ratio), Cardiovascular endurance, Flexibility, Abdominal strength and endurance, and Upper body strength and endurance **Call for an appointment**  
**Members \$25/ Program Members \$40**

## **BODY COMPOSITION ANALYSIS**

This program is designed to help you establish and identify your body fat percentage versus your lean body mass. A YMCA Fitness Specialist will conduct a caliper test and evaluate seven different sites of the body. The idea is to establish a starting point to a better track your progress throughout your fitness program. The test is recommended for all members over the age of 18 who want to alter their body composition. We invite and encourage all members who have not had an analysis to register today. **Call Rosalinda Ramirez, Ext. 233 for an appointment**  
**Members \$12**

## **PERSONAL TRAINING**

One-on-one individualized personal exercise workout with a certified personal trainer. **Call Rosalinda Ramirez, Ext. 233 for an appointment**  
**\$25 per hour**