



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE

Bringing people together for a healthier community.



# CLASS DESCRIPTIONS

## **START THE MORNING STRONG    MARY-GYM**

**Members FREE    Non Members \$120 (Drop In \$12)**

Maximize your workout with 60 minutes of strength training. Combine traditional strength training with functional exercises using an adjustable barbell, weights, and body weight. Available 5x a week for one registration fee - better to accommodate busy schedules.

## **TABATA    DANNIE & REBECCA**

**Members FREE    Non Members \$90 (Drop In \$12)**

A 30 minute class consisting of high intensity intervals of cardio and strength training. This is a class for all fitness levels with modification options for each interval. This is designed for those who are looking for something fast, effective, and fun!

## **CORE FOCUS    REBECCA**

**Members FREE    Non Members \$90 (Drop In \$12)**

Work on your core strength during this quick, 30 minute class.

## **YOGA    MP ROOM**

**Members \$20    Non Members \$40 (Drop In \$12)**

A class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition. All levels welcome.

## **VINYASA FLOW YOGA**

**Members \$20    Non Members \$0 (Drop In \$12)**

Postures and breath work will focus on Core, Strength, Stability, Flexibility, and Balancing. Our flow will incorporate a technique of one breath, one movement, and will encourage a reconnection to our limited power, grace, and boundless consciousness.

## **TAI CHI - YANG 24 FORMS    MARK-MP ROOM**

**Members FREE    Non Members \$60 (Drop In \$12)**

One of the world's most popular forms of Tai Chi!

## **TAI CHI FOR ENERGY    MARK-MP ROOM**

**Members FREE    Non Members \$60 (Drop In \$12)**

This program will improve your health and wellness, internal energy, and the ability to manage stress.

## **TAI CHI FOR ARTHRITIS & FALL PREVENTION    MARK-MP ROOM**

**Members FREE    Non Members \$60 (Drop In \$12)**

Learn the 12 forms of Sun Style Tai Chi! This class is excellent for those with arthritis, balance problems, and other chronic conditions.

## **TAI CHI COMMUNITY AT THE Y    MARK - MP ROOM**

**FREE TO THE COMMUNITY**

If you have an interest in Tai Chi (no experience required) and would like to meet with some of the growing Tai Chi community here on MDI, then the YMCA is the place to make that connection.

## **ENHANCE FITNESS    DANNIE-GYM**

**1st 16 weeks FREE    Continuation Program: Members \$28    Non Members \$56**

A nationally recognized program, Enhance Fitness is for all fitness levels who would like to increase their balance, their flexibility, and their ability to move around. Exercise allows for sitting or standing so all fitness levels are welcome.

# CLASS DESCRIPTIONS

## **STRENGTH TRAIN TOGETHER** MARK/ANGELA/CYNTHIA

**Members \$40 Non Members \$80 (Drop In \$12)**

Come work on building up your body strength in a fun and intense group setting! Great for all fitness levels

## **INDOOR CYCLING** REBECCA - MP ROOM

**Members FREE Non Members \$60 (Drop In \$12)**

It's hard to beat a good indoor-cycling workout! This popular class is now year round! Get your morning started right!

## **DANCE FITNESS** MALLORY - GYM

**Members FREE Non Members \$90 (Drop In \$12)**

Join Mallory for a moving and grooving workout that's sure to make your morning brighter and more energetic.

# PERSONAL TRAINING

YMCA Personal Training is a one-on-one, one hour time with a personal fitness trainer. Our personal trainers are educated professionals often with years of experience who can help any YMCA member including working professionals, new moms, seniors and triathletes. YMCA personal trainers come from as many different backgrounds and walks of life as our members do, and we take great care in matching members with the right personal trainer.

Your initial visit includes a review of your health history, lifestyle and goals. Your personal trainer can then help you achieve goals through one-on-one attention, accountability and expertise. YMCA personal training is held at the YMCA, on land or in the water and incorporates many different elements and equipment. YMCA Members can purchase Personal Training sessions individually, or in blocks of five or ten sessions. Additionally, Y members can partner up and share personal training. No more than 3 people at once.

## **PERSONAL TRAINING**

**Members 1 hour sessions**

**\$55/1 session \$250/5 sessions \$400/10 sessions**

**Non Member 1 hour sessions**

**\$75/1 session \$350/5 sessions \$650/10 sessions**

## **GROUP RATES**

**Members: 1 hour sessions**

**\$45/1 session \$200/5 sessions \$350/10 sessions**

**Non Member: 1 hour sessions**

**\$65/1 session \$300/5 sessions \$375/10 sessions**

## **FITNESS ASSESSMENT PACKAGE\***

**\$10/Member \$20/Non Member**

\*This payment option is for a Fitness Assessment Package ONLY. Personal Training sessions have the Fitness Assessment built into the sessions.

# ISSA SPECIALIST IN FITNESS NUTRITION COACHING

Whether you want to gain muscle, lose fat, or live healthily, your limiting factor usually lies beyond exercise. Poor nutrition is what holds people back. As a certified specialist in this area, Dannie can help you dispel the common myths about nutrition, and then work with you to design a "real world" nutrition plan that you can actually stick with and enjoy.

**1 Hour Nutritional Coaching:** Nutritional meal plan designed to meet your unique needs

**Members \$45 Non members \$75**

**8 Week Nutritional Coaching:** Nutritional meal plan designed to meet your unique needs as well as weekly nutritional coaching lessons and check ins.

**Members \$240 Non Members \$300**

## SPRING INTO SUMMER Personal Training Challenge

Are you ready to feel motivated, challenged and accomplished? We know how we all feel at the beginning of the summer. We are ready to head outside and take full advantage of our time off. Let the MDI YMCA help you get back on track with our group of amazing personal trainers. We have several Certified Personal Trainers available as well as a Certified Nutrition Fitness Coach to help you through the first few weeks of the new year. See our website for more information!

16 sessions: Y Member - \$500 Non Member - \$750

### LOW IMPACT WATER EXERCISE Instructor: Kim

Monday/Wednesday/Friday 9:30am-10:30am

Members FREE Non Members \$90 Drop Ins Day Pass

Facilitated by Kim Chapman, this class is one of the staples of our aquatic exercise program. Participants are led through a series of exercises which are designed to help improve joint flexibility and relieve pain or stiffness using the water's buoyancy and resistance. This class is a great option for those with arthritis, MS, or other conditions in which mobility is limited.

### AQUA AEROBICS Instructor: Angela

Monday/Wednesday 6:30pm-7:30pm

Members FREE Non Members \$90 Drop Ins Day Pass

This is a moderate intensity workout designed for both swimmers and non-swimmers regardless of age or physical condition. The aim is to help achieve new levels of fitness without the impact on your joints. The class can also aid in improving muscle tone and balance. This class uses a variety of resistance aids including pool noodles and aquatic weights in both the shallow and deep ends of the pool. No classes December 17, 19, and 24th.

### GOLDEN AGE STRENGTH AND FITNESS FOR SENIORS Instructor: Lisa

Mon/Wed/Friday 11am-12pm

Members FREE Non Members \$120 Drop Ins Day Pass

This class is designed for active older adults who want to increase their strength, endurance, and balance without impact on joints. Each session is tailored to the abilities of the group yet are modified for each individual. This is an easy-moderate intensity workout that takes place in the shallow end of the pool with resistance aids including pool noodles and aquatic weights.

