

WELLNESS CENTERS

Cardio Center

The view of the Trail Walk and outdoor beauty surrounds the Cardio Center. Find treadmills, elliptical, rowers and spin bikes for a heart healthy workout! Try FREE Cardio orientation!



Free Weight Room

Dumbbells, benches, squat racks and more are available for those who like to build strength safely and effectively. Partner with our personal trainers and learn more.

Machine Strength Room

Find 17 different strength training machines taken from Cybex's top line of VR3 model series. Machines provide a circuit-style workout for all the major muscle groups for a full-body workout. Try a FREE Cybex Strength Training Orientation Today!



Locker Rooms

Members are welcome to use our men's & women's locker rooms that provide restrooms, showers and whirlpool.

ADULT WELLNESS

Wellness doesn't live in a gym, it's everything that's inside you. Easing stress, proper nutrition, rest and recovery all play a role in helping you live better.

Programs we offer at the Y help provide the resources you need to address every aspect of your personal health. **Y Lose It Begins Fall II Session!**

For additional information about wellness resources at the Y contact Amber Zimmer at AmberZ@ymcaofportage.org



PORTAGE TOWNSHIP YMCA
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Portage, IN 46368
219-762-9622

www.ymcaofportage.org

12/2014



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE HEALTHY BE STRONG BELONG

WELLNESS

- **Y Lose It!**
- **Group Exercise Classes**
- **Welcome to Wellness Program**
- **Personal Training**
- **Teen Fitness**
- **Wellness Challenge**
- **Jazzercise**



Winter Registration: Nov 15—Dec 19

Winter Session: Jan 3—Feb 20

Y LOSE IT!

Commit to be fit with this 7 week weight loss program designed to help you make lasting results through developing behaviors that support a healthy lifestyle.

- \$120 for Members
- \$150 for Non-Members
- 6 people maximum per group
- Times are TBD

Price includes individual intro/exit goal session, two weight loss specific group workouts each week (6 weeks of workouts), weekly nutrition tracking and accountability, fitness evaluation & body composition analysis, team t-shirt, weekly trainer tips and tricks for success, special facebook support group led by the trainers.




17 Classes Weekly
Additional Fees Apply
Jazzercise questions?

Contact: Jennifer Smolnick, Owner/
 Instructor

(E) Portage.jazzercise@gmail.com
 (P) 219-628-0321
 (W) www.jazzercise.com

Wellness Challenge

- FREE for Members
- Challenge Yourself!
- Try Something New!
- Win Great Prizes!
- Different Challenge Each Session.
- See the bulletin board near Cardio Center/Wellness Desk or ask a Wellness Coach for details.
- Join Anytime
- Challenge runs Jan 3-Feb 20

TARGET BETTER HEALTH

Welcome to Wellness

With all of the programs and services the Y has to offer, it is sometimes overwhelming to know where to start. Welcome to Wellness is our FREE member orientation program. These one hour appointments help you to become familiar with the equipment, services and staff here at the Y. Schedule your appointment at the Welcome Center today!

- Cardio Orientation
- Cybex Strength Training Orientation
- Body Composition Assessment
- Next Step Consultation

HOURS

Mon & Wed 8am-12pm & 4pm-8pm
 Tues, Fri, Sat 8am-12pm
 Thurs 4pm-8pm

Group Exercise Classes

If you like the camaraderie, the friendship, and the fun of working in a group setting, then group exercise classes are the place for you. We offer over 40 classes per week! Group Ex schedules are available in our Information Station online or at the Welcome Center. Try one of our most popular classes:

- Zumba
- Boot Camp
- Cycling
- Turbo Tabata
- HIIT
- Barre Fitness
- Pilates, Yoga & Core
- And More!

*View Detailed Schedule Online

FUN ZONE-Child Watch

Y members with young children can play & learn while their parents work out. Children 3 mos. to walking require a reservation.

M/W 8am-Noon, 4pm-8pm
 T/Th 9am-Noon, 4pm-8pm
 F 8am-Noon
 St 9am-Noon

Personal Training

INDIVIDUAL:

Get individualized attention for individualized results. Intro rates are exclusive to Y Members.

INTRO RATES:

<u>Session Package</u>	<u>Portage Y Member</u>
3 sessions	\$60
5 sessions	\$100
10 sessions	\$200

REGULAR RATES:

<u>Session Package</u>	<u>Portage Y Members</u>	<u>Community Members</u>
1 session	\$30	\$40
5 sessions	\$135	\$185
10 sessions	\$250	\$350

SMALL GROUP:

May consist of participants whom are all YMCA members, all community members, or a mixture of both. A certified personal trainer will guide the group and make sure everyone meets their goals!

REGULAR RATES:

<u>Session Package</u>	<u>Portage Y Members</u>	<u>Community Members</u>
1 session	\$20/person	\$30/person
5 sessions	\$85/person	\$135/person
10 sessions	\$150/person	\$250/person

Teen Fitness

Teens develop the skills necessary to safely and effectively create a goal based exercise program from our expert Wellness Coaches. This program is a prerequisite for teens ages 12-14 to have full access to the wellness centers.

AGES DAYS/TIMES COST

12-18 By Appt. Only \$40



Register & Schedule Your Teen at The Welcome Center Today!