

HEALTHY LIVING

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JOHN E ALEXANDER | SOUTH WOOD COUNTY YMCA

GROUP FITNESS CLASSES

ACTIVE OLDER ADULTS

Similar to SilverSneakers, Active Older Adult is designed for those looking for a great workout, and camaraderie. The class is joint friendly and appropriate for individuals who exercise regularly, as well as those new to exercise or who may not have exercised in years. The exercises in this class are designed to improve your strength, flexibility, balance and coordination.

CHAIR FLOW

Chair Flow is a great way to stretch and move the body without having to worry about balance or getting on your knees. Focusing on the breath, gentle stretches, and incorporating the chair, will have you feeling relaxed and rejuvenated.

CYCLING *Check in at the front desk to reserve your spot

This class offers all the challenges of cycling on the open road with speed, climbs and even off the saddle! The workout is set to great music with various motivating drills throughout the class. Cycling is an excellent workout for your lower half, which is also complemented by exercising your heart.

FLEXIBILITY FLOW

In this class you will be taken through functional movements that will increase range of motion within your joints and surrounding muscles. Flexibility training also aids in injury prevention, benefits posture, and can increase strength and power.

HIIT IT HARD

HIIT is a full-body workout and stands for "High Intensity Interval Training", incorporating interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. Challenge your limits!

LOW-IMPACT CARDIO

This class is designed to focus mainly on your muscular strength in order to create the toned physique that you are looking for. It offers many exercises involving body weight, dumbbells, bands and steps, which can be complimented by cardio and abdominal work. The instructors try to keep the variety and interest level high while having fun and working hard at the same time. If you are looking to tone your body's physique, and challenge your heart, then this class is for you!



POWER FLOW

Similar to Yoga Flow, but at a faster pace. Expect to sweat while challenging your body and mind in warrior sequencing, balancing poses and mindfulness.

SILVERSNEAKERS

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

TOSS UP

This class time offers the opportunity to sample different instructors and class styles. Check the bulletin board to see who's teaching and what to expect.

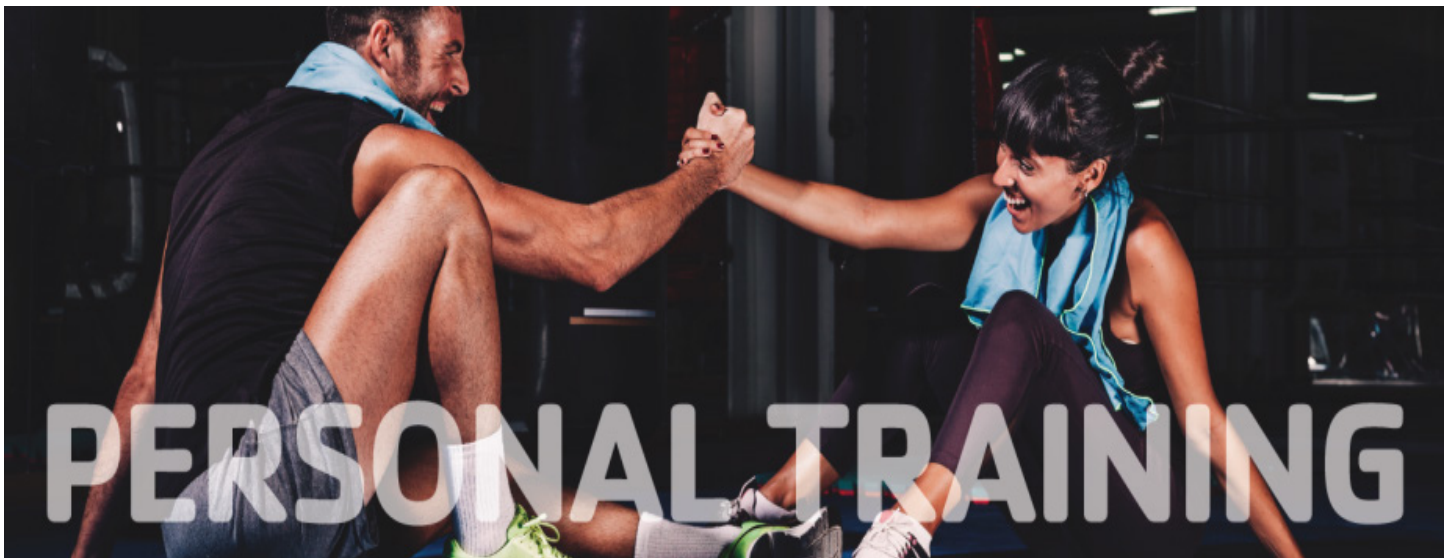
TOTAL BODY STRENGTH

Expect a full-body workout using weight plates, barbells, resistance bands, and steps combined with bodyweight exercises. This class combines foundational, compound and isolation exercises to get you toned and fit.

YOGA FLOW

Yoga Flow is inspired by Vinyasa, which synchronizes movement with breath, flowing from one move to the next. This class will help you build strength, increase flexibility, and find focus through deep breathing. This class is ideal for those experienced with yoga and anyone new to this exercise and interested in its benefits. Please bring Yoga mat and props if you have them.

All classes are free for members and offered weekly, unless otherwise mentioned. Classes are for all-levels as our instructors are experienced to offer modifications through-out class to keep you safe.



Gain Confidence & Better Health, While Achieving YOUR Fitness Goals

Member Pricing 60-Minute 1-ON-1 Sessions
1 Session \$55 | 5 Sessions \$230 | 10 Sessions - \$400

Non-Member Pricing 1-ON-1 60-Minute Sessions
1 Session \$70 | 5 Sessions \$300 | 10 Sessions - \$550

PERSONAL TRAINING..YOUR WAY!

Let our trainers build a 30-day workout routine for you!
Ideal for those who need flexible schedules, and are self-motivated.

Member Price \$100 / \$50 check-in

Non-Member Price \$130 / \$65 check-in

BUDDY TRAINING

Get fit with a partner! Bring your friend, family member or spouse to keep each other accountable in your training, make it fun, and save 50%!

60 Minute Sessions
5 Sessions \$345 / 10 Sessions \$600

**Schedule your FREE, no-obligation consultation, with one of
our Nationally Accredited Personal Trainers - Today!**

HOLISTIC HEALTH

MOVE, NOURISH & CARE

A holistic program focusing on strengthening the body, using food for nourishment, & practicing self-care. Thanks to our community partners and skilled staff, we're able to offer a program that supports individual strength, nutrition goals, and massage therapy for self-care/ recovery.

This program includes:

- 4, 60-Minute Personal Training Sessions
- 2, 60-Minute Nutrition Counseling Sessions
- 2, 60-Minute Massage Sessions

FEE

MEMBER: \$455

NON-MEMBER: \$500

NUTRITION COUNSELING

We recognize that 'one-size-fits-all' nutrition advice often fails to optimize health. Greater long term success is achieved when one's individual health needs and goals are evaluated and a personal strategy is devised that incorporates accountability and behavior change strategies. Your nutrition sessions will include a nutrition plan, specifically for you, as well as accountability, support and strategies specific for you to help you achieve your goals.

Nutrition Services | Member: 1 for \$50; 5 for \$240; 30 minute follow up session \$25

Nutrition Services | Non-Member: 1 for \$60; 5 for \$280; 30 minute follow up session

WATCH FOR UPCOMING SPECIALTY PROGRAMS:

Diabetes Nutrition Series

Lunch n' Learn

Kids in the Kitchen

Nutrition 101

