



# HEALTHY LIVING

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

*Welcome to the Y! Your Y membership includes a wide variety of activities and programs designed to help you be your best, so let's get started!*



**For a Healthy Spirit,  
Mind & Body**

## FITNESS CENTER



The Y Fitness Center features a beautiful, well-maintained cardio area with treadmills, ellipticals, stationary bikes and much more, conveniently adjacent to our Nautilus and free weight areas. The weight training area features new, top-of-the-line dumbbells, benches and Olympic strength equipment. Wheelchair accessible equipment is also available. The Fitness Center is open all day until 15 minutes prior to closing.

## GROUP FITNESS

Joining a Y Group Fitness class is a fantastic way to get a safe and effective workout, make new friends, and help you stick with your exercise routine.

Classes like NuBody, Yoga, PiYo, Indoor Group Cycling, and much more, offer something for everyone. Our heated Yoga Studio is open for self practice during non-occupied times.

Our Group Fitness Schedule is revised monthly and offers you details and scheduled times on all classes. Over 75 classes per week, taught by experienced instructors, are available to you as part of your Y membership!

Not sure where to start? A Y trainer is always available to sit down with you and explain your options. Contact Patti McEnroe for more info.



## FREE ORIENTATIONS

Several complimentary orientations are available to help you get started. Simply schedule your appointment by contacting the Fitness Center directly or call Y Member Services (701) 775-2586).

### FITNESS CENTER 101

Learn how to use the equipment safely and effectively and gain an understanding of the weight room layout and options.

### NAUTILUS STRENGTH TRAINING

Learn how to safely and effectively operate the Nautilus EVO line of selectorized weight training equipment for upper & lower body and core strength.

### INTRO TO FREE WIEGHTS

Learn the layout of the weight room and how to use the weight equipment safely.

### PERSONAL FITNESS TRAINING

Discuss your fitness goals with a Y Personal Fitness Trainer who will help you identify your goals and make a new or enhanced fitness plan.

### YOUTH FITNESS MEMBERSHIP

Youth age 10+ may attend training which allows them to use appropriate equipment in the Fitness Center.

## ACTIVE OLDER ADULT

The Y offers a variety of classes suitable for active older adults, special populations, and beginning exercisers. These classes focus on strength, range of movement, activity for daily living, flexibility, balance and more. A chair is available for seated or standing support. For class details, see our Group Fitness Schedule. Classes include but are not limited to:

**SILVERSNEAKERS® CLASSIC**  
**SILVERSNEAKERS® CIRCUIT**  
**SILVERSNEAKERS® YOGA**  
**SILVERSNEAKERS® SPLASH**  
**FIT FOR LIFE**  
**BOOM™ MUSCLE & MOVE IT**  
**LIVESTRONG® YogaFlex**  
**AQUA ZUMBA / AQUA PILATES / WATER FIT**

*We participate in SilverSneakers® and Silver&Fit® exercise programs which are available through various insurance policies at little to no cost to you. To find out if you qualify for either of these programs, call the customer service number on the back of your insurance card.*

## SPECIAL PROGRAMS



### **PARKINSON WELLNESS RECOVERY PROGRAM & ROCK STEADY BOXING**

Designed to enhance mobility, balance, flexibility, and function for people living with Parkinson Disease.

### **LIVESTRONG AT THE YMCA**

A free physical activity and well-being program for cancer survivors, improving strength, balance, endurance, flexibility and more.

### **WEIGH 2 CHANGE LIFESTYLE CHANGE PROGRAM**

This program helps you identify your risk for type 2 diabetes and helps you take action through healthy weight loss and physical activity.



## SPARK™ KIDS FITNESS

In addition to the Youth Fitness Membership available in the Fitness center, your kids can attend their very own class!

SPARK™ features supervised activities including games, sports, play, teamwork and fun! Ages approx. 8-12. You can get your workout in while your kids are engaged in a healthy and fun program.



## PERSONAL FITNESS

The Y offers fee-based personal fitness training options in single sessions and packages. Whether you're training for a sport or simply want to enhance your existing exercise program, our certified trainers are available to assist you. A free initial session is available to help you make a plan. Contact Patti McEnroe for details.

## SPECIAL EVENTS

Be on the lookout for special events throughout the year such as...

YMCA Annual Winter Indoor Triathlon  
Nutrition and Art Workshops  
Health Screenings  
Body Composition Analysis  
Golf Swing & Running Analysis

... and much more!

