



WELLNESS SERVICES AVAILABLE

Check out what we have to offer you and your family either for **FREE** or at a low cost!

ACTIVTRAX

ActivTrax is a tool that creates customized workouts around your goals, strengths and wellness experience. Each time you visit the Y, you'll receive a new and customized workout that tells you exactly what you need to do to focus on your personal well-being goals. Once activated with ActivTrax, you can begin using ActivTrax Nutrition from home. This Nutrition Program will guide you toward eating properly to enjoy your healthier lifestyle! Appointments can be made at the Wellness Center desk.

WELLNESS CENTER ORIENTATIONS

Members are encouraged to sign up for **FREE** orientations on the use of cardiovascular and weight training equipment using the ActivTrax system. Appointments can be made at the wellness desk.

YOUTH WELLNESS ORIENTATION

All YMCA members, ages 12-13, must complete this certified Personal Trainer led class to use the Dunigan Family YMCA and Ascension St. Vincent YMCA Wellness Centers. Participants will learn about safety, how exercise affects the body, how to set up fitness programs and how to use the cardio and weight training equipment with proper technique. A minimum of 24-hour advanced pre-registration at the Wellness Center desk is required. Free (YM)

Dunigan Family YMCA: Wednesdays, 6:30 pm & 2nd and 4th Saturday, 10:00 am

Ascension St. Vincent YMCA: Thursdays, 6:30 pm & 1st and 3rd Saturday, 10:00 am

FITNESS ASSESSMENTS

A certified Personal Trainer will perform testing that will establish baseline measurements from which your progress may be tracked. Fitness Assessments will include bodyweight, height, blood pressure, resting heart rate, body composition, cardiovascular fitness, flexibility, muscular fitness, and range of motion. We will help to establish a plan to move you forward toward improved health, fitness, or performance goals. For more information, contact the Wellness Coordinator. \$20 (YM)

PERSONAL TRAINING

Weight loss, body toning, sport-specific training, injury prevention, post rehabilitation are just some of the goals we can help you achieve. Our certified Personal Trainers can help re-energize you to reach your goals, keeping you on track to a healthier you! Contact the Wellness Coordinator for more information.

1 Hour \$42 (YM)/\$82 (NM)

*Cost-saving packages offered to YMCA members only. See the Personal Training flyer.

NUTRITIONAL COUNSELING

One-on-one consultations with our Registered Dietitian include an assessment of current nutrition status, education and counseling for a healthier lifestyle. For more information, contact 812.492.6715

1 Hour \$40 (YM)/\$80 (NM)