

WELLNESS

January 1 - June 17, 2012

Helping you make the most of your Fitness Goals!

Wellness Trainers are committed to supporting you with your journey to improved health, fitness and lifestyle. Our staff use a unique “TechnoGym” software which is an interactive method to support, monitor and track your personal exercise program.

Upon joining the YMCA our staff will:

- Provide a personalized cardiovascular and strength training program which is provided to you on a “TechnoGym key”
- Demonstrate how to use the equipment and answer questions
- Ensure a balanced and safe program design
- Provide you with a lifestyle questionnaire to monitor progress
- Meet with you regularly to update your program to ensure personal progressions are achieved
- Provide virtual communications and coaching
- Provide access to specialized programs through the TechnoGym system
- Keep you posted on new programs that may compliment your personal interests

Upon renewing your membership, staff will revisit your program and provide an assessment for additional program progressions.

Your success is important to us! Our staff are available to provide exercise tips, advice and motivation to all members while visiting our Wellness Centre. Feel free to approach any Wellness Trainer as they are there for you!



Creating Balance

A 12 week program that allows you to work with a trainer to develop your personalized weight management program and increase your success! Please see a qualified trainer or inquire at Membership Services to book a consultation.

Personal Training

Certified personal trainers provide motivation, education and results. The YMCA offers individual, partner and group training sessions.

Book your consultation today! Sessions are scheduled at your convenience. Please see a qualified trainer or inquire at Membership Services to book a consultation.

Fitness Instructor Training

If you enjoy fitness classes or strength training in the Wellness Centre and would like to motivate others to achieve a healthier lifestyle, become a nationally certified YMCA Fitness Leader.

Please contact 519-524-2125 for more details.

Hours of Operation

Regular Hours - Effective Sept 6 - June 29, 2012

Monday - Friday	5:45am - 10:00pm
Saturday	7:00am - 8:00pm
Sunday	8:00am - 5:00pm
Holidays	9:00am - 4:00pm

All program areas will close 15 minutes prior to facility closing.

H.E.A.T. (12 - 15 yrs)

Understanding the basics of using wellness equipment, etiquette and basic training principles, and nutrition in the wellness centre are key to building lifelong habits for Healthy, Energized and Active Teens. This program is meant to establish the basic understanding to ensure that H.E.A.T. participants can safely and effectively participate in a conditioning program within the wellness centre. Participants earn "wellness access" once they complete the required sessions.

Location: Wellness Centre

Wednesdays: 7:00 - 8:00pm

Program begins the first week of every month.

Members Only: No charge. Registration required.

Family Wellness (10 - 13 yrs)

This time is designed for parents and children to workout together in our wellness. Track is open for family use between 10:00am - 2:00pm on Sundays.

Fridays: 6:30-8:30pm, Sundays: 10:00am - 12:00pm

Nordic Walking

A fitness program using specially designed poles and results in a full-body workout that burns a significant amount of calories and incorporates many large core and upper body muscles. Walking poles available for use. For instruction on how to correctly use the poles, please speak to any of our wellness staff who would be happy to assist you.

Open Basketball (14+ yrs)

Location: Gym

Thursdays: 8:30 - 9:30pm

Squash (18+ yrs)

Looking for a change to your fitness routine? Add a squash option to your membership. We also offer Squash only memberships. Please ask at the Membership Services Desk.

Things to Know

- Wellness Centre access is for individuals 14 years of age and older and is limited to members and their guests.
- Please LOCK all personal items in a locker. No gym bags, purses, etc. are permitted in the Wellness Centre.
- Appropriate exercise clothing and footwear must be worn at all times. No jeans, skirts or street wear please. Sandals are not permitted - clean and dry walking or running shoes only.
- Food and beverages (other than water bottles) are not permitted in the Wellness Centre.
- A maximum of 30 minutes permitted on the cardiovascular equipment during busy times.
- Please do not rest on equipment for extended periods of time between sets. This will allow others to use the equipment.
- Be respectful of other members and wipe down the machines after each use.
- Please return equipment to its appropriate area.
- No cameras or cell phones allowed on the Wellness floor.
- Respect the guidance of Wellness Centre staff and volunteers.



YMCA of Goderich-Huron
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www.ymcaswo.ca

As a charitable organization, the YMCA strives to serve all segments of the community, including those with limited financial means. Donors to the YMCA make it possible. To make a personal contribution to the growth, strength and impact of the YMCA in your community today, please contact your local YMCA.

If your current financial circumstances are limiting your ability to participate, financial assistance may be provided. Please contact us for more information. All inquiries will be held in strict confidence.