

WELLNESS

January 1 - June 17, 2012

Helping you make the most of your Fitness Goals!

Wellness Instructors 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 of our Wellness Instructors 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!

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.

Hours of Operation

Regular Hours - Effective January 1 - June 29, 2012

Monday - Friday	6:00am - 1:00pm
	3:00pm - 9:00pm
Saturday	8:00am - 12:00pm
Sunday	10:00am - 2:00pm
Holidays	9:00am - 1:00pm

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

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 519.459.9622 for more details.

Youth Circuit Training (Ages 10 - 13 yrs)

Effective, full-body workouts for those with little time to spare. Initial orientation sessions required. Members only.

Wednesday: 6:15-7:00pm Saturday: 12:30-1:30pm

Family Wellness Time (Ages 10 - 13 yrs)

This time is designed for parents and children to work out together in our Wellness Centre. Members only.

Friday: 6:30-7:30pm Saturday: 2:30-3:30pm

H.E.A.T. Program

Understanding the basics of using wellness equipment, etiquette, 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 a 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. Ages 12 - 15. Members only: No charge. Registration required.

Wednesday: 7:00-8:00pm Sunday: 12:00 - 1:00pm

Volunteering at the YMCA

The YMCA believes people enrich their own lives when they enrich the lives of others. All YMCA efforts involve a partnership of volunteers and staff. *In 2010 a total of 700 people gave of their time and skills to the YMCA.* The role they play is essential to the success of the organization.

Please see Membership Services for more information and to receive an application.



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.
- All youth 12 - 15 years require Wellness Orientation to Wellness Centre.



North Middlesex YMCA
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Parkhill, ON
NOM 2K0
519-459-9622
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.