

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Coach Approach

Cost – free

Duration – six months

Appropriate for – those who are looking for additional support.

A program designed for people who are new to exercise or are having difficulty maintaining exercise. The Coach Approach program is good for anyone looking to make a behavior change in the area of health and wellness.

What to expect at the first appointment – it's a good idea to wear comfortable clothing, but you **will not be working out**. The majority of the time will be spent talking about and setting goals during your first appointment. You will learn the importance of self management skills as well as how to use these skills during this 6 month program in order for you to adopt exercise as a habit.

FitQuest

Cost – free

Duration – approximately a 90 minute appointment

Appropriate for – those looking to add strength training to a workout program or interested in an orientation to the wellness floor equipment. This program is for those who have been working out 2-3 days per week over the last 6 months. The FitQuest Program features FitLinxx-your interactive training partner.

What to expect – your coach will design a workout program to fit your needs. Wear workout clothes because you will practice each exercise in your program. Proper form and technique will be covered and questions you have will be answered.

Personal Training

Cost - \$50 for 1 session, \$270 for 6 sessions, \$500 for 12 sessions

Appropriate for – people who are looking to re-energize a workout program after they hit a plateau, train for a specific sports event, or need multiple one-on-one workout sessions throughout the week/month.

What to expect – your coach will design a workout program specifically tailored to help you achieve your fitness goals and be there every step of the way to cheer you on!

Group Personal Training

Cost –

2 people \$66 (\$33 each) 1 session, \$360 (\$30 each) 6 sessions, \$675 (\$28 each) 12 sessions

3 people \$75 (\$25 each) 1 session, \$415 (\$23 each) 6 sessions, \$795 (\$22 each) 12 sessions

4 people \$88 (\$22 each) 1 session, \$480 (\$20 each) 6 sessions, \$915 (\$19 each) 12 sessions

Same as personal training, but you get to share the experience with 1-3 personal friends. More fun less expensive – you can't beat that!

Teen Orientation

Cost - free

Duration – a two and a half hour session from 6pm-8:30pm offered once a month. There is a Tuesday and Thursday session both located at the Corpening Branch.

Appropriate for - youth ages 12-15 who would like to use the cardio and LifeFitness strength training machines without the supervision of an adult.

What to expect - lead by a Health and Wellness Coach who will discuss muscle groups, fitness programming, and an orientation to the cardio and LifeFitness strength training machines