

Complimentary Wellness Services

Consultations

Each member will receive a complimentary consultation with a Certified Personal Trainer. The consultation will begin with a sit –down meeting to discuss health history, fitness/health goals, along with importance of lifestyle factors in overall health and wellness. You will also receive your customized Wellness Plan during this consultation.

The second half of the consultation will include physical assessments. Including measurements and screenings.

* consultations will take approx. 45min to 1 hour

Orientations

Each member receives an in-depth orientation to the equipment in our Wellness Center with a Wellness Attendant. An orientation is an *introduction to the equipment only*, not for exercise programming recommendations.

Assessments

Complimentary fitness assessments will be offered once a month courtesy of our Wellness Staff. Each month we will be testing one aspect of fitness and recording it for tracking progress.

Wellness Programs (Program Fees Apply)

Individual Personal Training

Our one on one personal training can be the start to a healthier lifestyle, or enhance your existing abilities and fitness. Individualized programming and personal accountability can help you safely and effectively reach your goals faster!

Group Personal Training

Looking to boost your fitness to the next level? Group training is a great option to get you on course to be the most fit and prepared for whatever your upcoming event! Grab your spouse, your friends, or your co-workers and motivate each other! 2-4 people per session.

JUMPSTART Fitness Training

If you are new to the gym and want to launch your fitness journey in the right direction, this program is specifically for you! Join a small group of individuals under the leadership of a supportive and knowledgeable trainer to jumpstart YOUR fitness journey!

ELEVATE Fitness Training

For moderate to advanced fitness levels. Are you ready to take your fitness to the next level? This program is for you! Our certified and qualified trainers will create and lead workouts that will challenge your body in ways you never thought possible for results you have always wanted—and then some!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Contact Info: Jamie Hilliard | Wellness Manager | jhilliard@family-ymca.org | 804 448 9622 ext. 4011