



Therapeutic Massage and Body Work

Experience and Benefits of Massage

- Increase circulation
- Reduce stress and anxiety
- Relieve headaches and migraines
- Alleviate pain
- Eliminate toxins
- Relieve muscle stiffness
- Promote overall well-being
- Reduce tension
- Restore energy
- Promote energy
- Improve flexibility in joints and muscles

Massage Techniques Available

- Swedish
- Deep Tissue
- Myofascial
- Pre & Post Natal
- PNF (Proprioceptive Neuromuscular Facilitation)

Contact Terri Gallagher for additional information ex 3025

Wellness Center Rules

For the safety and enjoyment of everyone

- 1.) Children under 12 yrs. Old are not permitted in the Wellness center
- 2.) Youth age 12, **must be accompanied by a parent and must have completed the Wellness Center Orientation Training.**
- 3.) Youth ages 13-14 are required to complete the Orientation Training . Proof of completion of training may be required at staff's discretion.
- 4.) No gym bags, basketballs, coats, etc. Please secure possessions in a locker or vehicle.
- 5.) Appropriate workout attire, shoes, and shirts are required. No swimsuits, no sandals, no bare feet.
- 6.) Use of cardio equipment is limited to 30 minutes if there is a waiting list.
- 7.) Bring a towel to control sweat on machines & upholstery.
- 8.) Wipe down cardio machines, floor , and other soiled areas after use. Disinfectant spray, mop, and paper towels are provided.
- 9.) Break down bars and return weights/equipment to their proper places.
- 10.) Respect the personal trainers and their clients. For any assistance, please speak with the floor attendant.
- 11.) No food or chewing gum. Drinks are only allowed if they are in a "spill proof" plastic container.
- 12.) Open cuts or sores must be covered.
- 13.) NO profane language and no spitting on the floor.
- 14.) Do not wear weight lifting belts on the Free Motion equipment.



2011



Wellness

Rappahannock Area YMCA, INC.
King George Family Branch
10545 Kings HWY.
King George, VA 22485
<http://www.family-ymca.org>

Gary Roach, Wellness Director
540/775-9622
Ex 3024
groach@family-ymca.org
Rebekah Doran, Group Fitness
Mgr.
rdoran@family-ymca.org
Tammy Steele, Special Needs
Coordinator
540/371-9622, Ext. 1039

Personal Training

YMCA Personal Training

Should you want to take a more personalized, individualized approach to your workout, personal training may be just what you're looking for. Our Personal Trainers can develop a program for fitness or one that is sports specific. We can help you achieve your unique goals.

Prices:

One Session:	\$45.00
Assessment:	\$25.00
Five Sessions	\$200.00
Ten Sessions	\$375.00

Twenty sessions \$660.00
*****Sessions must be used within 1 year of purchase date

YMCA Wellness Orientation

Your Y membership includes an orientation to the Wellness Center cardio and strength circuit equipment. Whenever you have any questions, please ask one of our trainers or leave a voicemail message for the Wellness Office. We are always happy to assist you in your pursuit of wellness!

groach@family-ymca.org
540-775-9622 ex3024

Members age 12-14 must receive an orientation at the King George Branch before using equipment at this facility and may only use equipment they were trained to use.



Youth Fitness Classes

All youth, ages 12 through 15 must take our YMCA Youth Fitness Classes in order to enter the Wellness Center. These classes are held on Saturdays. The front desk has the sign up sheet. Dates and times TBA. We will teach proper form, the muscular-skeletal system, proper Gym etiquette, as well as give each young adult an orientation. During our classes each student will also learn the YMCA Character Development Traits of Caring, Honesty, Respect and Responsibility. Each class lasts 2 hours and is free to members. \$20.00 for non members.

Contact Gary Roach at ex. 3024 for more information.



Special Services

Fitness Assessments

All of the following assessments are offered to patrons for a fee of \$25

- Blood Pressure Screening
- Resting Heart Rate
- Body Fat Analysis
- Aerobic Endurance
- Muscular Endurance
- Flexibility
- Muscular Strength

Post Rehab Conditioning

If you are recovering from an injury or illness and need "after-care," a YMCA Instructor can consult with your physician, physical therapist, or dietitian to get you started on your way to wellness. Whatever you need or ability, a YMCA conditional specialist can help.

Our trainers are certified, knowledgeable, and experienced professionals. Please contact the Wellness Office for more information.

Special Needs Patrons

Tammy Steele, Special Needs Mgr., provides instructional fitness programming for community members with mental and physical disabilities.

tsteele@family-ymca.org

540-371-9622 ex1039