

# HEALTH & FITNESS

Brett Blythe / 761-3225 / [bblythe@jycymca.org](mailto:bblythe@jycymca.org)

The YMCA offers three state-of-the-art fitness centers!

## **FIRLEY:** 525 Ellis Blvd.

- 45 pieces of cardio equipment which includes: treadmills, ellipticals, recumbent bikes, upright bikes, row machine, steppers, Precor AMTs, Helix, crosstrainers, Stairmaster Stepmills, Cybex Arc Trainers, etc.
- Cybex Strength Equipment
- Hammer Strength Equipment
- Free weights – Dumbbells 2-150 lbs. and Barbells 25-115 lbs.
- Cables
- Multigym
- Wheelchair accessible strength equipment

## **KNOWLES:** 424 Stadium Blvd.

- 40 pieces of cardio equipment which includes: treadmills, ellipticals, recumbent bikes, upright bikes, steppers, Precor AMTs, crosstrainers, Helix, Cybex Arc Trainer, Scifit StepOne, rower, etc.
- Cybex Strength Equipment
- Free weights – Dumbbells up to 50 lbs. and Barbells 20-110 lbs.
- Cables
- Wheelchair accessible strength and cardio equipment

## **WEST:** 3507 Amazonas Dr.

- 55 pieces of cardio equipment which includes: Lifefitness treadmills, ellipticals, recumbent bikes, upright bikes, row machine, Precor AMTs, Cybex Arc Trainers, Helix, Stairmaster Steppers
- Two lines of resistance strength equipment
- Hammer Strength Equipment
- Free weights – Dumbbells 3-150 lbs. and Barbells 25-115 lbs.
- Cables
- Multigym
- Handicap accessible cables

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## FREE Fitness Center Orientation

Work with a fitness attendant and learn to use equipment safely and effectively. Sign up at any YMCA Fitness Center Desk or Welcome Desk.

## **INBODY: TOTAL BODY FITNESS ASSESSMENT & CONSULTATION**

The InBody results will help you achieve your goals by reporting your individual composition (in pounds/percentage) of body fat, segmental muscle distribution, BMI and basal metabolic rate.

**Members receive 3 free InBody assessments each year!**

**Fee:** 3 Free/Year Y-member; \$10/InBody after 3 in a Year  
\$25 Non-member

Call 761-3225 to make an appointment. More information about the InBody can be found at [www.jycymca.org](http://www.jycymca.org).



# PERSONAL TRAINING

Luke Lamb / 761-9021 / llamb@jcmca.org

Our professionally certified and experienced Personal Trainers will assist in achieving goals for weight loss, muscular strength, cardio and muscular endurance, increased flexibility or sport specific training.

## Free Personal Training Consultation:

Sit down with a certified YMCA Personal Trainer to discuss your health and fitness goals. Call 761-3225 to schedule your appointment.

## Intro to Personal Training Packages:

New to Personal Training? Need a new routine? Check out these packages:

### **1-Hour Sessions:** \$99

- InBody Fitness Assessment & 3 Individual, 1-Hour PT Sessions

### **30-Minute Sessions:** \$79

- InBody Fitness Assessment & 3 Individual, Half Hour PT Sessions

## Personal Training Packages:

### **1-9 Full Sessions** (1 hour)

- Individual: .....\$45
- Partner (2 clients):.....\$35/person/session

### **10+ Full Sessions** (1 hour)

- Individual: .....\$40
- Partner (2 clients):.....\$30/person/session

For information about non-member or half session pricing, please call 761-9021.



LiveSTRONG® at the YMCA is a free, 12-week physical activity and well-being program designed to help adult cancer survivors achieve their health and wellness goals.



## **ONCE ENROLLED**

- Survivors and their family receive a FREE four-month family membership at the Y.
- A LIVESTRONG at the Y professional will develop a plan based on the needs of the survivor that incorporates cardiovascular exercise, resistance training, balance and flexibility.
- Survivors meet in a group setting twice a week for 12 weeks to begin building a healthy lifestyle and to support one another.

For information about participating in or supporting LiveSTRONG® at the YMCA, call 761-3225.



The YMCA is proud to partner with:



# FITNESS CHALLENGES

Brett Blythe / 761-3225 / [bblythe@jcymca.org](mailto:bblythe@jcymca.org)

## FINISH STRONG 50 WORKOUT CHALLENGE

The end of Summer and the beginning of Fall is a busy time, and we often find ourselves falling behind in our fitness goals. Oct. 5 marks the start of the final quarter of the year, and this is the perfect time to recommit to your health and wellness goals and finish the year stronger and fitter with our Finish Strong 50 Workout Challenge!



Your goal is to work out 50 times during the final 13 weeks of the year (Oct. 4-Dec. 31). This is a terrific way to stay on track as we head into the holiday season. Simply log your workouts on the tracking sheet. Once you fill your first sheet, you've hit the halfway mark! Submit the sheet to the Welcome Desk of any of our three YMCA locations and you'll receive your one-of-a-kind **YMCA stocking cap** or **fleece handband**. Once you hit 50 workouts, turn in your completed sheet and you'll be entered into a drawing for YMCA prizes including Personal Training Sessions and free months of membership. Join the private Facebook group to receive interaction and support throughout the challenge.

**Register:** August 31-November 10

**Session:** October 5-December 31

**Fee:** \$25

## JINGLE ALL THE WEIGH

Don't let the holidays weigh you down! Join our Jingle All The Weigh Challenge to maintain or lose weight during the holiday season. Maintain your weight or lose weight and you'll be registered for a chance to win some great prizes! Stop by any YMCA fitness center and a Fitness Center Attendant will weigh you in to begin the challenge.

**Weigh In:** November 16-22.

**Weigh Out:** December 28-January 3.

**Fee:** FREE and for YMCA Members Only!



## LIFT STRONG FOR LIVESTRONG®

The Jefferson City Area YMCA will host a Bench Press competition benefitting our LiveStrong® program this fall. This program has helped more than 350 cancer survivors regain their strength and stamina over the past 5+ years, now we are asking for your support. We welcome and encourage everyone to come out and throw some weight around for a great cause!

**Date, time and details are TBD.**



# GROUP EXERCISE

Brett Blythe / 761-3225 / [bblythe@jcmca.org](mailto:bblythe@jcmca.org)

**FREE for Y-Members!** Your YMCA membership includes more than 100 FREE fitness classes offered at all three YMCA locations and at various times throughout the day. Classes are held on monthly sessions.

**Y-Member Reservations:** \$10/month/class

Ensure a spot in your favorite class(es) with a reservation. . *Registration for classes is open until the 15th of the month. Registration opens on the 16th of the month prior.*

**Non-Member/month:** \$25/Express\* class; \$40/class *Express is approximately 30 minutes.*

A complete class schedule and class descriptions can be found at [www.jcmca.org](http://www.jcmca.org) or at any Y facility. Classes offered subject to change.

## LAND GROUP EXERCISE CLASSES

Barre and More  
BodyPump  
Boot Camp  
Cardio Mix  
Core and More  
Cross Box

Cycling  
Dance Fitness  
Dance Mix  
Fitness Fusion  
High Fitness  
Pilates

Pound  
Step It Up  
Strong Nation  
Tai Chi  
TRX Suspension Training  
Yoga

**NEW  
BEGINNING  
SEPTEMBER 1**



**DANCE FITNESS** is a high intensity dance party that fuses cardio, strength, Latin dance and hip hop.  
**Days:** Tuesday / Thursday  
**Time:** 5:35-6:20 p.m.  
**Place:** September 10-30  
**Fees:** Free Y-member; \$40 Non-member

## YMCA WALKING CLUB

The YMCA is interested in improving the health of our community by promoting walking for the final four months 2020. Brisk walking for at least 30 minutes, five days per week reduces the risk of developing diabetes by 58% and decreases cardiovascular disease and obesity. People who walk are at lower risk of breast cancer and colon cancer. For people with osteoarthritis, walking improves mobility and function. In addition, walking improves psychological well-being and self-esteem. Jefferson City is so beautiful with many exceptional walking opportunities so on nice days we encourage you to walk outside if you're able. If not, stop by our Firley or Knowles facilities to utilize our walking tracks.

Pick up a tracking form at any YMCA Welcome Desk and keep track of your miles. Earn an exclusive walking club t-shirt by reaching the **100 MILEstone** by the end of 2020.

***In addition, join us at our free YMCA Walking Club class at Knowles every Monday and Friday.***

**Registration:** August 10-December 7

**Session:** September 14-December 18

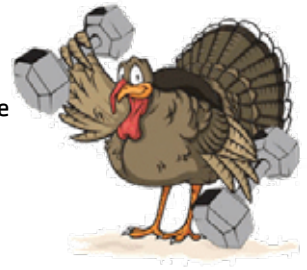
**Time:** 8-9 a.m.

**Cost:** \$15 Y Members Only



## TURKEY BURN

Join us the Friday after Thanksgiving (Nov. 27) to burn off the damage from the day before. The Y's group exercise instructors will burn those calories with a variety of 45-minute classes! It's FREE open to the public and you're welcome to stay for as many classes as you like. Watch for details!



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## YOUTH FITNESS

**Brett Blythe / 761-3225 / @jcymca.org**

These classes teach general anatomy, correct exercise form and range of motion, proper use of treadmill cardio equipment, resistance bands, body weight exercises and fitness floor etiquette. After completion, the individual will be certified to use all 3 of the fitness centers with an adult.

**KIDS N TRAINING:** For Y-members ages 8-10. Each class is limited to 5 participants.

Parents are required to attend the class with their child.

**Sessions:** September 1, October 6, November 10, December 1

**Time:** 6-7 p.m.

**Location:** West Y-3507 Amazonas

**Fee:** \$40 Y-members only

**KIDS N WEIGHTS:** For Y-members ages 11-12. Each class is limited to 6 participants.

**Sessions:** September 2, October 7, November 11, December 2

**Times:** 6-8 p.m.

**Location:** West Y-3507 Amazonas

**Fee:** \$60 Y-members only

\$40 for Kids N Training graduate

# FOREVER FIT

Brett Blythe / 761-3225 / [bblythe@jcmca.org](mailto:bblythe@jcmca.org)

The YMCA is proud to partner with Tivity Health to offer a variety of fitness formats for active older adults that are multi-level, equipment-based, total-body conditioning classes. Find out if you are eligible by calling 1-888-423-4632. (Some insurance companies cover the cost.) Or visit one of our welcome desks and have your insurance card available. All SilverSneakers® classes are also available to Y members free of charge.

**SILVERSNEAKERS® CLASSIC:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills.

**Schedule:** Mon.-Thurs. / 10:30-11:15 a.m.

**Location:** West Y – 3507 Amazonas

**Schedule:** Mon. & Fri. / 10:15-11 a.m.

**Location:** Knowles Y – 424 Stadium

## AND

**SILVERSNEAKERS® YOGA:** This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

**Schedule:** Fri. – 10:30-11:15 a.m.

**Location:** West GXR-3507 Amazonas

**Schedule:** Wed / 10:15-11 a.m.

**Location:** Knowles Y – 424 Stadium

**Monthly Fee for Classic & Yoga:** FREE Silver Sneakers® and Y-members; \$40 Non-member

**FOREVER FIT: SilverSneakers® and Y members:** From low-impact aerobics, core strengthening using an exercise ball, Yoga, circuit training, and a “mix” class, you’ll burn calories, strengthen your heart, increase muscular strength, improve flexibility and have fun while doing it!

**Time:** 9-9:45 a.m.

**Day/Location:** Mon. and Fri. @ West Y-3507 Amazonas

Tues., Wed. and Thurs. @ Knowles Y Annex-424 Stadium

**Monthly Fee:** FREE Y-member and SilverSneakers®, \$40 Non-member

## SILVERSNEAKERS® FLEX

If you’re looking for options outside the traditional fitness location, try SilverSneakers® FLEX. FLEX offers classes at four churches in our community on various days and times during the week. For more information, visit [www.jcmca.org](http://www.jcmca.org) or call 761-3459. Non-members pay \$20/month/location.

## SILVERSNEAKERS® PICKLEBALL

Pickleball is a paddle sport created for all ages and skill levels that combines many elements of tennis, badminton and ping-pong.

**Time:** 1-3 p.m.

**Day/Location:** Monday @ Firley Y-525 Ellis Blvd.

# NUTRITION COUNSELING

Luke Lamb / 761-9021 / llamb@jcmca.org

## EAT RIGHT–LIVE RIGHT – Precision Nutrition Counseling

Have you struggled with information overload when it comes to health and nutrition? Have you tried every diet under the sun with little to no success? Or maybe you've had some short-term success only to find yourself falling back into poor choices and bad habits.

The **Eat Right–Live Right** isn't a diet. It's not a one-size-fits-all kind of program. It's definitely not a lose-tens-of-weight-quickly program that never works anyway.

**Eat Right–Live Right** is a habit-based coaching program designed to help you change your relationship with food and exercise. You'll focus on building habits, one at a time, through online lessons each week, and you will meet with Luke Lamb, the Y's Precision Nutrition Certified Coach, throughout the program to discuss where you are and where you want to be. Since the scale is not the only way to measure results, you will perform monthly InBody body composition tests and take body measurements which will help us get a better picture of your progress.



You'll also receive social support from a small group of like-minded participants (up to eight people) with online nutrition and lifestyle lessons, group discussions, Q & A's, tips, advice, recipes and more. This interactive program will help keep you on track by slowly changing your habits, and Luke, along with your peer group, will help guide, support, and encourage you every step of the way.

This program also includes six 30-minute personal training sessions with one of the Y's certified Personal Trainers to help you meet your fitness goals. Our trainers will help guide you through strength and fitness routines to help you meet your goals.

If you're ready to make long-lasting changes, **Eat Right–Live Right** is for you!

**For more information call 573-761-9021.**

**Session:** September 7–December 7 (*Register Aug. 17–Sept. 4*)

**Fee:** 3-Months: \$270 or \$90/month  
(with the option to extend to 6 months for \$70 per month)

**ALWAYS WELCOME  
IN EVERY  
COMMUNITY**

**Nationwide  
Membership  
is Here!**

Our members can now use any participating YMCA in the United States, making it easier to achieve their health and wellness goals!

**Nationwide Membership**

**One Membership . . . 2,700 Locations!**