

NUTRITION

Nutrition Coaching

Need help with your nutrition? We can help! Meet with a Certified Nutrition Coach to get the results you desire!
Includes body composition tracking and personalized planning designed for your body and needs.

4-30 Minute Sessions: \$99

Includes initial meeting, 2 week check-in, 6 week, and 12 week sessions.

Not interested in a package?

1-1 Hour Session: \$95

1-30 Min Session (existing clients only): \$55

COMMUNITY HEALTH PROGRAMS

LiveSTRONG

LiveSTRONG is a 12-week exercise program for cancer survivors. Small groups meet with specialized trainers for support to help the participants meet their individualized goals.

Cost: \$149 members/\$249 non-members (includes 3 months of YMCA membership). Financial assistance available. Open to members and non-members.

Diabetes Self-Management Program

The DSMP is a 6-week program for anyone with diabetes, prediabetes and partners/spouses and caretakers are invited to join as well. Topics include action planning, nutrition overview, and discussions about stress, portion control, blood sugar monitoring, physical activity, medication, decision-making and more.

Cost: Free thank you to funding from Quantum Foundation and a partnership with the Diabetes Coalition of Palm Beach County. Open to members and non-members.

Blood Pressure Self-Monitoring

BPSM is for adults 18+ who have high blood pressure or are on medication for high blood pressure. Participants meet with a Healthy Heart Ambassador for a 10-minute coaching session 2 times/month. In addition, a nutrition seminar is held once a month. Blood pressure cuffs will be provided to those who do not have one.

Cost: Free thank you to funding from Baptist Health South Florida. Open to members and non-members.

EnhanceFitness

EnhanceFitness is an evidence based exercise program for those who have arthritis or are at risk for falls. The program meets for 16 weeks, 3 times a week for 1 hour structured exercise classes led by trained EnhanceFitness staff. Pre and post program tests show participants the gains they have made in their strength, flexibility and balance.

Cost: Free thank you to funding through the ACL Falls Prevention Grant and a partnership with the Suncoast YMCA.

Parkinson's Land and Water

Parkinson's classes are for those living with Parkinson's disease. Low impact group exercise classes focus on balance, strength, and flexibility in a safe and nurturing environment. Caretakers are welcome.

Cost: Free for members.

Updated class schedules can be found on our website: www.ymcaspbc.org/communityhealth.

For more information about Community Health Programs, contact: Robin Nierman at rnierman@ymcaspbc.org or 561-300-3227.



FITNESS PROGRAM GUIDE

AGE 8 - ADULT

Peter Blum Family YMCA
6631 Palmetto Circle South
Boca Raton, FL 33433
561-395-9622
www.ymcaspbc.org

Stephanie Sanon
Director of Healthy Living
561-300-3202
ssanon@ymcaspbc.org

INTRO

EGYM Orientation

EGYM is now included in membership for ages 16 years and up. 1 hour onboarding appointment is required at no additional cost. **Smart workouts for real people.** New, smart training technology that takes the guess work out of training. Whether you're just starting strength training or an advanced athlete, EGYM personalizes a program just for you.

- Measures BioAge
- Identifies muscle imbalances
- Creates customized training plans - developed from your strength & goals

Complimentary Personal Training Session

If you are interested in personal training, but are hesitant to make that personal commitment, this is your chance to give it a try! Open to all new members who have not already purchased any personal training package in the calendar year. Learn the importance of how aggressively you should be working-out as well as determining your current baseline. Experience what it's like to have a professional guide your exercise regimen and provide motivational encouragement along the way.

Wellness Center

Our Wellness Center features over 50 individual pieces of cardiovascular equipment, including NEW Upright Bikes, NEW Elliptical Fitness Crosstrainers™, NEW Adaptive Motion Trainers® with Open Stride™ treadmills and NEW Spinning Bikes!

Ages 8 - 10: May use the cardio equipment only and must be under the direct supervision of an adult at all times.

Ages 11 - 15: May use the selectorized and cable strength equipment upon completion of Youth Fitness Fundamentals.

Ages 16+: May use Wellness Center freely.

Equipment Orientation

Our Gym Equipment Orientation is a free service for members that provides a guided tour of the equipment in our wellness center. During the session, you'll learn how to properly use each piece of equipment to maximize your workouts and ensure safety. Whether you're new to the gym or just looking to refresh your routine, this orientation will help you feel more confident and get the most out of your fitness journey! Schedule your appointment today at the front desk!

KIDS & TEENS

Cardio Kids

This one on one session teaches your child how to properly use the cardio equipment and the benefits of cardiovascular exercise.

Appointments can be made at the Front Desk.

Ages: 8 - 10 **Members:** Included

Youth Fitness Fundamentals

This class instructs teens how to work out safely and effectively within the Y Wellness Center. It introduces basic muscle anatomy, exercise concepts and guidelines, gym etiquette and safety practices. Once youth have successfully completed the program, they will be allowed to work out in Wellness Center without parental supervision.

Ages: 11 - 15 **Members:** Included

Schedule: Teens must complete two classes.

Teen Strength & Conditioning

This class is geared towards young athletes or those working on strength, agility or movement for sports performance.

Ages- 11 to 17 **Mondays & Wednesdays** 4:30pm to 5:30pm

Cost- Included with Membership

Location- Wellness Center

Family Bootcamp

This class is geared towards our Y Families looking to stay active while having fun..

Ages- 5 to 105 **Saturdays** at 9:00am

Cost- Included with Membership

Location- Wellness Center

Youth Triathlon & Running Program

AGES 5 -18

Our Youth Running and Triathlon program prepares your child to perform their best while swimming, biking and running. The program is designed to highlight essential skills necessary to teach your child about running and triathlons. Focuses range from speed work to endurance training to learning about transition. All participants will receive a team shirt. We will have a fun team race at the end of the season!

REGISTER: At the front desk or Online at ymcaspb.org/register

YMCA Run Club

Join motivated individuals as they set out on a path to health and happiness!

Each session is with Trainer, Zoe DaSilva. Practice will include running form, pacing, interval drills, strength training and running endurance.

PERSONAL TRAINING

Individual Training & Stretching

Whether you are a novice to exercise, training to improve performance in a sport, looking to improve your mobility and flexibility or need guidance and motivation to get your fitness program back on track, our certified personal trainers & stretching coaches are ready to create an individualized exercise program that will meet your specific needs and goals. Packages are non-refundable and expire in 90 days.

Intro Package for New Clients:

4 30 Minute Sessions	\$99
6 30 Minute Sessions	\$149
3 1 Hour Sessions	\$149
4 1 Hour Sessions	\$199

One Hour Sessions

1 session	\$95
4 sessions	\$320
8 Sessions	\$600
12 sessions	\$840

30 Minute Sessions

1 session	\$ 65
4 sessions	\$200
8 sessions	\$360
12 sessions	\$480

REFER A FRIEND AND SAVE:

BOGO Referral Program

Our BOGO Referral Program rewards members who expose the benefits of personal training to their friends, family and fellow members. Any member who refers a member to sign up for personal training receives a FREE session. Your friend buys a session(s) and you receive a session. It's a win-win!

JOIN AND SAVE:

Wellness Loyalty Club

All the benefits of personal training & stretching with the perks of the Wellness Loyalty Club offering the lowest price on sessions, accountability, and convenience of monthly draft.

Price per month only valid with Loyalty Club monthly draft. Sessions must be used during the month drafted. Can be cancelled at anytime.

One Hour Sessions

4x a month	\$280
8x a month	\$520
12x a month	\$780

30 Minute Sessions

4x a month	\$140
8x a month	\$260
12x a month	\$420

Partner Training

Working out If you are looking to increase your motivation, maximize results and strengthen your spirit, mind and body partner training is the answer.

Partner Training (2 people)

8-30 minute sessions	\$240.00/per person
8-1 Hour sessions	\$430.00/per person

Premium Group Training

Group Training is a great way to stay motivated and help you reach your goals. Join our Trainer's small group sessions that will take your workout to the next level!

Small Group Training with Holrich

Tuesdays and Thursdays at 9 am

\$12/Session \$80/Unlimited Month

Drop-in rate \$25/non-member

Full Body

Fridays at 9am

\$12/session \$38/Unlimited Month

Drop-in rate \$25/non-member (with guest pass)

Glutes & Boots Bootcamp

Saturdays at 9am

\$12/session \$38/Unlimited Month

Drop-in rate \$25/non-member (with guest pass)