



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter Session Dates:
Nov 28, 2011-Feb 5, 2012
Registration Dates:
Oct 24, 2011-Nov 28, 2012

GET STARTED

INFORMATIVE APPROACH TO WELLNESS

An 8 week program for new or returning health seekers. A structured 8 week intro-to-wellness program of 45 min. group training sessions, with handouts on exercises. Each GET STARTED Member is assigned a group with an exercise coach who will closely monitor your attendance, provide support, motivation and encouragement.

Sessions cannot be made up on an individual basis, so please attend every session with your group.

For more information, please contact Michele at 845.782.9622 ext. 252.

Trainer: Richard Papaleo

Saturday starting December 3rd 10:00-10:45am

Cost: \$25 for the full 8 weeks

Available to YMCA Members ONLY.

Location: Adult Wellness Floor

TRX

Elite training for Adults

Session begins December 3rd

10 Sessions for \$99

Space is limited

Intense suspension training taking you to the highest level of strength. Cross train your workout with this exciting new technique. All abilities are welcome. Workouts can be specifically modified to fit your workout levels.



Trainers:

Kristi Wickes and MJ Fitzgerald
Saturday mornings starting December 3rd at 8:00am.

A 10 week program located in the Group Exercise Room.

PERSONAL TRAINING

Take your workout to the next level. Attain your fitness goals through personal training. One on one personal attention with a certified personal trainer will help you maximize your health and wellness potential.

PERSONAL TRAINING:

1 Session \$46

3 Sessions \$132

5 Sessions \$210

10 Sessions \$370

BUDDY UP:

2 People with One Trainer

1 Session \$75

3 Sessions \$204

5 Sessions \$310

10 Sessions \$590



PLEASE CHECK THE PROGRAM(S) YOU WISH TO REGISTER FOR AND GIVE THIS FORM AND YOUR MEMBERSHIP INFORMATION TO A WELCOME CENTER REPRESENTATIVE. *** Non-YMCA Members Must Complete a New Participant Registration Form ***



**Reiki
SELF-HEALING WORKSHOP**

Enjoy complete physical, mental and emotional relaxation while accessing your natural healing ability. This holistic meditation workshop will teach you a proven scientific way to eliminate the root cause responsible for stress related disorders and bring a new clarity and creative capacity to your mind.

Starting Nov 30th, Wednesdays at 10:30am
\$75 Y Members / \$150 Program Participants

Location: Spirit, Mind, Body Studio

Free Orientation Workshop:

Wednesday, November 16th at 10:30am

Anastasia Wierick, Reiki Master

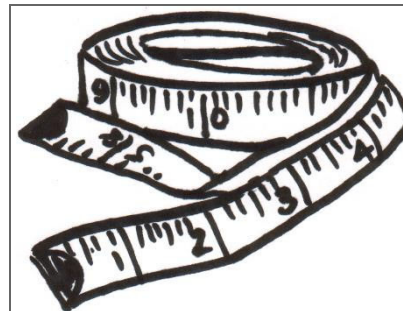
Anastasia brings her compassion, intuitiveness and personal experience to share with the community.

Chair Massage

New for you at the South Orange Family YMCA. Relaxing Chair Massage by licensed massage therapist. Take a few minutes after your workout to pamper those sore muscles.



Maria Negroni, Licensed Massage Therapist
Monday nights starting November 28th, 6:00-8:00pm
Wednesday nights starting November 30th,
6:00-8:00pm
Cost: \$15 for 10 minutes /\$20 for 15 minutes



South Orange Family YMCA Hours of Operation
Monday through Friday— 5:00am—9:30pm
Saturday 7:00am-5:00pm
Sunday 8:00am-4:00pm



**SOUTH ORANGE
FAMILY YMCA**

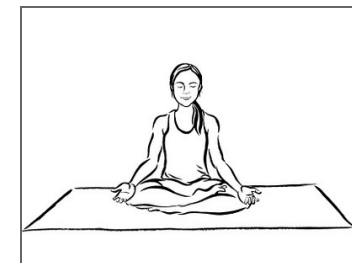
ADULT WELLNESS PROGRAMMING

Winter Session 1

Nov 28, 2011 – February 5, 2012

Registration:

Oct 24—Nov 28, 2011



45 Gilbert Street Ext.

Monroe, NY 10950

845.782.9622

www.middletownymca.org//sofy