New Member Reception
This is a 30 minute program that enables you to maximize your membership and find out more about the variety of programs offered at the Y. You receive a $30 Y Rewards card, which is good for any program when you come to this reception.

Wellness For Life
This program is designed to support you in your pursuit of healthy living. You will be partnered with a Wellness Coach that will guide you to set goals and get started in your area of interest. You will meet with the coach 3 times within this 7-week program. You will receive a $30 Y Rewards card upon graduation and can be used for any program at the Y.

Wellness Center Orientation
This is a one hour orientation to familiarize you with our strength and cardio equipment in the Wellness Center.

Youthfit Program (Ages 11–14)
Students will meet with a Wellness Coach twice during this program to focus on guidelines and proper use of both the cardiovascular and selectorized strength training equipment. Once the two sessions are completed the student can independently use the Wellness Center.