



Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Assessments						
	Body Composition Analysis			No Time Specified	\$0.00	\$20.00
	Fitness Assessment			No Time Specified	\$0.00	\$50.00
Fueling Your Faith Retreat @ Camp Potawatami (9/28-9/29)						
	Saturday - Sunday	15 to 115	Sun. Sat.	7:00 PM - 7:00 PM	\$40.00	\$40.00
	Sunday - All Day	15 to 115	Sun.	9:00 AM - 7:00 PM	\$30.00	\$30.00
	Sunday - PM Only	15 to 115	Sun.	1:00 PM - 7:00 PM	\$25.00	\$25.00
New Member Receptions						
	08/20/2019		Tues.	12:00 PM - 12:30 PM	\$0.00	\$0.00
	08/27/2019		Tues.	5:00 PM - 5:30 PM	\$0.00	\$0.00
	09/10/2019		Tues.	12:00 PM - 12:30 PM	\$0.00	\$0.00
	09/17/2019		Tues.	5:00 PM - 5:30 PM	\$0.00	\$0.00
	10/08/2019		Tues.	12:00 PM - 12:30 PM	\$0.00	\$0.00
	10/15/2019		Tues.	5:00 PM - 5:30 PM	\$0.00	\$0.00
Nutrition Coaching						
	Nutrition Coaching - 1 session				\$50.00	n/a
	Nutrition Coaching - 3 sessions				\$140.00	n/a
	Nutrition Coaching - 6 sessions				\$275.00	n/a
Personal Training Packages						
	Personal Training 101				\$80.00	n/a
	Personal Training - 1 session				\$40.00	n/a
	Personal Training - 5 sessions				\$195.00	n/a
	Personal Training - 10 sessions				\$370.00	n/a
	Personal Training - 20 sessions				\$700.00	n/a
Wellness Center & Equipment Orientation						
	eGym Circuit Training Orientation			No Time Specified	\$0.00	\$0.00
	Precor Preva Orientation			No Time Specified	\$0.00	\$0.00
	Wellness Center Orientation			No Time Specified	\$0.00	\$0.00
Wellness Consultation						
	Wellness Consultation			No Time Specified	\$0.00	\$0.00
Wellness for Life 2.0						
	2019 WFL 2.0			No Time Specified	\$99.00	\$99.00
Wellness for Life Coaching Program						
	3 sessions				\$0.00	\$0.00
Youth Fit						
	Youthfit 2019	11 to 14		No Time Specified	\$0.00	\$0.00

Assessments

Body Composition Analysis - This 10-minute analysis includes a measurement of body fat percentage and a result report. Mon- Sat, By Appointment

Fitness Assessment - This 30 to 45-minute assessment includes heart rate and blood pressure, body composition, strength, endurance, flexibility and cardiovascular testing.

Fueling Your Faith Retreat @ Camp Potawotami (9/28-9/29)

Saturday - Sunday - ****RETREAT WILL TAKE PLACE AT YMCA CAMP POTAWOTAMI**** Join staff, members, and friends from the community for this popular Christian Emphasis event designed to refresh you in spirit, mind and body. This overnight option includes family activities, Sunday morning chapel, a brief time of teaching, and lots of retreat time with different optional activities to choose from as well as snacks and breakfast, lunch, and dinner Sunday! A confirmation packet with more detailed information will be sent out through email closer to the event.

Sunday - All Day - ****RETREAT WILL TAKE PLACE AT YMCA CAMP POTAWOTAMI**** Join staff, members, and friends from the community for this popular Christian Emphasis event designed to refresh you in spirit, mind and body. This all day option includes Sunday morning chapel, a brief time of teaching, and lots of retreat time with different optional activities to choose from as well as snacks and lunch, and dinner Sunday! A confirmation packet with more detailed information will be sent out through email closer to the event.

Sunday - PM Only - ****RETREAT WILL TAKE PLACE AT YMCA CAMP POTAWOTAMI**** Join staff, members, and friends from the community for this popular Christian Emphasis event designed to refresh you in spirit, mind and body. This afternoon option includes a brief time of teaching, and lots of retreat time with different optional activities to choose from as well as snacks and dinner! A confirmation packet with more detailed information will be sent out through email closer to the event.

New Member Receptions

This 30-40 minute program will enable you to maximize your membership and find out more about the variety of programs offered at the Y. You will receive a special gift for attending this program.

Nutrition Coaching

Personal Training Packages

Personal Training 101 - Session includes 3 training sessions. This is an introductory package and may be purchased only once.

Personal Training -

Wellness Center Orientation

Precor Preva Orientation - This is a 10-15 minute orientation on the use of the Preva system with our Precor Exercise Equipment. Participants will receive a key fob to access their accounts following the session.

eGym Circuit Training Orientation - In this 30-minute orientation session we will set you up on a circuit routine with our 8 eGym pieces of specialized weight training equipment. You will receive your own wrist band fob catered to your account that you will use each time you use the circuit.

Wellness Center Orientation - This 45-minute to an hour long session will introduce the member to the Wellness Center and our Wellness Center Equipment.

Wellness Consultation

This 30-45 minute session with a Wellness Coach will allow you to explore and identify all the ways you can get involved with your membership to help with your health and wellness goals. We will also help identify next steps for you in your wellness journey.

Wellness for Life 2.0

Wellness for Life 2.0 is the next step for those who have completed Wellness For Life. The program will have continued focuses on lifestyle changes and will have components such as habits and trigger points. The 6-session program will consist of 4 one-on-one meetings with a Wellness Coach and 2 sessions with a Personal Trainer

Wellness for Life Coaching Program

This is a free coaching program designed to support you in your pursuit of healthy living. You will meet with a Wellness Coach three times during the program and they will help guide you to set goals, provide support, offer resources and tools, and help you along your wellness journey at the Y. After registering you will be contacted to set up your first appointment.

Youth Fit

This program is for those between 11 and 15 years of age. Consists of two 1-on-1 sessions with a Wellness Staff Member. Must complete in order to have access to the Wellness Center