



Skyline YMCA

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Spring - 2023 Program Listing

Spring Session 4/10-5/28

Registration Mbr. 3/27, Prog. Part. 4/3

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Assessments						
	Body Composition Analysis			No Time Specified	\$0.00	\$0.00
	Fitness Assessment			No Time Specified	\$0.00	\$0.00
New Member Reception						
	04/10/2023 (12:00pm)		Mon.	12:00 PM - 12:30 PM	\$0.00	\$0.00
	04/10/2023 (5:00pm)		Mon.	5:00 PM - 5:30 PM	\$0.00	\$0.00
	05/08/2023 (12:00pm)		Mon.	12:00 PM - 12:30 PM	\$0.00	\$0.00
	05/08/2023 (5:00pm)		Mon.	5:00 PM - 5:30 PM	\$0.00	\$0.00
Personal Training						
	Personal Training Packages			No Time Specified	See Branch	N/A
Personal Training Consultation						
	Skyline Branch (Downtown Fort Wayne)	18 to 118		No Time Specified	\$0.00	\$0.00
Wellness Center & Equipment Orientations						
	eGym Circuit Training 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 Coaching Program						
	Wellness for Life			No Time Specified	\$0.00	N/A
Youth Fit						
	2023 Youth Fit	11 to 14		No Time Specified	\$0.00	\$0.00

Assessments



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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.

New Member Reception

This 30 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.

Personal Training

Start your workout off right by working one-on-one with a certified personal trainer. An individualized program will be designed to help reach your health and wellness goals.

Personal Training Consultation

Register for a personal trainer to contact you to set up an initial appointment to explore personal training or continue on your training journey!

Wellness Center & Equipment Orientations

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 Coaching Program

A 30-45 minute meeting with a wellness coach/director that will help you explore and identify all the ways you can get involved with your membership to help with your health and wellness goals. Take yourself to their next step at the Y.

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