



**Skyline YMCA**

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**Spring - 2024 Program Listing**

Spring Session 4/15-6/2

Registration Mbr. 4/1, Prog. Part. 4/8

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Personal Training</b>						
	Personal Training Packages			No Time Specified	See Branch	N/A
<b>Personal Training Consultation</b>						
	Skyline Branch (Downtown Fort Wayne)	18 to 118		No Time Specified	\$0.00	\$0.00
<b>Wellness Center &amp; Equipment Orientations</b>						
	eGym Circuit Training Orientation			No Time Specified	\$0.00	\$0.00
<b>Wellness Consultation</b>						
	Wellness Consultation			No Time Specified	\$0.00	\$0.00
<b>Wellness For Life Coaching Program</b>						
	2024			No Time Specified	\$0.00	N/A
<b>Wellness Programs</b>						
	Absolute 80's Aerobics- (1st Saturday of the 15 to 118		Sat.	10:00 AM - 11:00 AM	\$0.00	\$2.00
	Absolute 80's Aerobics- (1st Saturday of the 15 to 118		Sat.	10:00 AM - 11:00 AM	\$0.00	\$2.00
<b>Youth Fit</b>						
	2024 Youth Fit - Level 1 (Ages 9-10)	9 to 10		No Time Specified	\$0.00	\$0.00
	2024 Youth Fit - Level 2 (Ages 11-14)	11 to 14		No Time Specified	\$0.00	\$0.00



**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**

Start your fitness journey with a plan customized to your fitness goals and ability! YMCA members can register here for a FREE, one-on-one initial appointment with a personal trainer.

**Wellness Center & Equipment Orientations**

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 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.

**Wellness Programs**

A 60-minute mix of cardio and muscular endurance exercise all set to the rocking and popping tunes of the 80's. Join Sarah E. in her 80's attire (feel free to come dressed as your favorite 80's icon as well) every first Saturday of the month at the downtown Skyline Y. \*Leg warmers optional\*

**Youth Fit**

Learn about flexibility and how to use the cardio equipment



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