

## PERSONAL TRAINING

See the *Personal Training and Nutrition Counseling* brochure for more detailed information.

**Fitness Consultation** Your fitness level as well as your workout preference will be considered in developing a basic program based on your goals. Includes instruction in the proper use of cardiovascular and strength training machines. Members only. Fee: \$10

**Personal Training** Have our Personal Trainer help you with motivation and guidance to reach your goals. A contract will need to be completed before training begins. Personal Training is only sold in packages of 6, 12, 18, or 24 sessions.

6 Sessions - \$180

12 Sessions - \$336

15 Sessions - \$468

24 Sessions—\$599

Single sessions may be added onto a package. \$30

- **Personal Training for Two** Share your training hour with a friend or relative.

6 Sessions - \$216

12 Sessions - \$408

18 Sessions - \$576

24 Sessions - \$720

Single sessions may be added on to a package. \$40

**Fitness Assessment** An evaluation of an individual's muscular strength and endurance, cardiovascular fitness, flexibility, and body composition. Fee: \$35

## STRENGTH TRAINING

- **Group Strength Training\***

Learn how to incorporate free weight training into your workout program. Your program will be developed by the instructor and updated weekly.

Fee: \$80.00 (Y Member \$32)

- **Independent Strength Training\***

Once you have learned the basics in Group Strength Training there is an opportunity to become more independent in your workouts. This class meets once a week with the instructor and workout records continue to be updated.

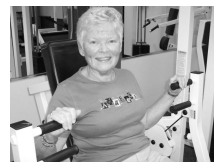
Fee: \$63.75 (Y Member \$25.50)

\*Not included in Options Plus



## ACTIVE OLDER ADULTS

- **Master Builders** This 12-week grant-funded weight training class is designed with the senior in mind. The emphasis will be on maintaining /improving strength and flexibility, plus developing core strength and better balance. Assessment of fitness levels will be performed at the beginning and end of the program. Participants will be instructed and closely supervised in the Paramount Room on the weight equipment and also instructed on the use of a variety of exercise props. Classes offered Fall I and Winter session.



Fee: \$32 for those 60 or older

Fee: \$125 for those under 60 (Y Member \$50)

- **Summer Master Builders**

7-week class

Fee: \$64 (Y member 60 and older \$32))

- **Balance, Stretch, and Strength -**

A class ideal for those wishing to improve and/or maintain range of motion of their joints, obtain more muscular endurance, and work on balance issues. Learn a variety of ways to keep fit so activities for daily living are possible.

Fee: \$4 (Y Member \$1) *per class*

### Option-Plus

(Some class restrictions apply)

Join the Option-Plus Locker Room and you receive two classes per session FREE of charge! Simply register for the classes that you plan to attend both on land and in the water.

## YMCA of McDonough County Health and Fitness



400 East Calhoun  
Macomb, Il 61455

(309) 833-2129

[www.macombymca.org](http://www.macombymca.org)



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**


## HEALTH and FITNESS

**Fitness Classes** - Register early-class size limited-Not all classes are offered every session.

- **Cardio-Core-Circuit**  
Get a jump on your day and take advantage of this early morning workout. The cardio workout will change throughout the week but will always energize you. Core training and stretching will complete your workout. Fee: \$77.50 (Y Member \$31)
- **Cardio Mix**  
An invigorating workout utilizing a variety of cardiovascular training activities (step, dance, hi/lo, kick boxing, intervals, etc.). Participants are encouraged to work at their own pace; the instructor will provide options for different fitness levels. Floor work for muscle strengthening and conditioning will be a part of the M/W class, the T/TH class is followed by Simply Sculpt (included in the Cardio Mix price)  
Fee: \$90.00 (Y Member \$36.00)
- **Simply Sculpt!**  
Join this group muscle conditioning class and learn a variety of ways to train and define your muscles. The workout uses dumbbells, physioballs, medicine balls, resistance tubing and other exercise props that will work your upper and lower body as well as your core (abs and back). Fee: \$55.00 (Y Member \$22)
- **DANCE FUSION**  
Combines high energy and motivating music with unique moves and combinations. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It's different, it's effective, it's easy to do, and it's fun!  
Fee: \$62.50  
(Y Member \$25)



## HEALTH and FITNESS

- **Muscle Mix**  
Need some variety in your muscle management? Work everything from the neck down in this class. A variety of exercise props (physioball, dumbbells, bench, etc.) will help you define and strengthen your muscles. A relaxing stretch segment will enhance your flexibility. Fee: \$62.50 (Y Member \$25)
  - **Step n Sculpt**  
Step aerobics for 20 minutes, muscle sculpting for 20 minutes, finish with abs and stretches. Get it all in one workout! Fee: \$62.50 (Y Member \$25)
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- **Step Variety**  
Progress from simple step moves to easy-to-follow combinations for a great cardio workout. This low-impact class accommodates various fitness levels in one class. Interval step, double step, and vertical step are just a few of the ways the step will be utilized. Muscle conditioning a part of each class.  
Fee: \$62.50 (Y Member \$25)
  - **Power Hour**  
Saturday morning class that offers a variety of cardio and strength training.  
Fee: \$5/class, \$2/class Y-member
  - **Hawaiian Hula Dance**  
Learn the Hula from a seasoned teacher! This gentle dance dramatizes or portrays the words of a chant or song in a visual dance form .  
Fee: \$50 (Y member \$20)
  - **Hooping It Up!**  
Hula Hooping for fitness and fun. Learn this old skool skill but with up-to-date instruction and hoops!  
Fee: 62.50 (Y member \$25) Hoops required.  
Buy your customized hoop for \$20!

## HEALTH and WELL-BEING

- **Yoga AM and PM** Yoga is an ancient system designed to increase strength, flexibility, and balance of your spirit, mind, and body. Yoga class aims to raise awareness of your body and breath and show you how together they can energize the body while simultaneously quieting the mind. All are welcome!  
**Yoga AM** 2 days/week  
Fee: \$65.00  
(Y Member \$26)  
**Yoga PM** 1 day/week  
Fee: \$50.00  
(Y Member \$20)
- **Yoga Youth (ages 8-13)** Learn basic Yoga poses and improve your strength and flexibility. Please bring a Yoga mat to class.  
Fee: \$52.50 (Y member \$21)
- **Pilates** The Pilates method of body conditioning is a unique system of stretching and strengthening exercises. It strengthens the core, improves posture and flexibility, and unites body and mind.  
Fee: \$55 (Y Member \$22)
- **Pilates Lunch**  
Fee: \$50 (Y Member \$20)
- **Friday Pilates**  
Fee: \$31.25 (Y Member \$12.50)
- **Taekwondo for Adults and Youth\***  
A Korean form of martial arts whose practitioners enjoy physical and mental discipline, self confidence, as well as excellent fitness levels.  
Fee: \$140 (Y Member \$69.50)



\*Not included in Options-Plus