

TEEN STRENGTH TRAINING

Youth members who have reached their 12th birthday, but have not yet reached their 18th birthday must be “certified” to use the workout areas. During certification training they will learn proper strength training techniques, cardiovascular guidelines, effective stretching, injury prevention and nutrition. Youth will be introduced to the code of conduct and will learn proper etiquette.

Training is conducted one on one by a Healthy Lifestyles Counselor, and upon passing an end of training exam, a certified sticker will be affixed to the membership card. The training may be scheduled at the member’s convenience, and test sessions will be held on the 2nd Saturday and 4th Thursday of each month (times to be announced).

**Complimentary to Facility Members
Not available to Program Members**



NUTRITION EDUCATION

The Healthy Eating Lifestyle program is a four week, monthly course presented by Huntington Hospital. The class focuses on healthy food choices, portion control, and how to read food labels while evaluating progression by monitoring fitness levels, including base weight. Huntington Hospital also offers a free class on preventing and controlling diabetes.



Call (626) 397-8642 for registration information, or check our website and flyers for details.

GROUP EXERCISE

We offer a variety of classes for all ability levels that are included with your facility membership. Schedules are available at the Welcome Center or online and specifically denote appropriate activity level.

101 BASIC CLASSES

Explore a new class and add variety to your workout by joining one of our 101 classes. Our specially selected instructors will guide you through the terminology, moves and the specific equipment needs for these classes. 101 classes are included with your facility membership.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENSURE A BRIGHTER FUTURE



Healthy Lifestyles 2011

3.28.11

Contact Information
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La Cañada, 91011
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HEALTHY LIFESTYLE COUNSELING

Healthy Lifestyles Counselors are available to guide you on your quest to balance mind, body and spirit. Diet and exercise along with family, career, social interaction, spiritual and emotional well being are all equally important parts of healthy living.

Our goal is to help you achieve that balance. Whether you are new to fitness or an experienced exerciser, our trained counselors can assist you with a wide array of topics, including:

- Creating a personal workout program
- Revamping your exercise routine
- Referral to other YMCA programs
- Equipment Orientation
- Motivation and support to make lasting healthy lifestyle changes
- Wellness issues including nutrition and stress release



Make an Appointment

Schedule your complimentary appointment at the Welcome Center, ext. 222. This appointment is appropriate to all levels of exercisers.

PERSONAL TRAINING

Certified personal trainers will provide you with:

- Individualized and complete workouts.
- Proper instruction for safety & effectiveness.
- Motivation to reach your fitness goals.

Private Sessions

1 Session	\$ 59
5 Sessions	\$ 270
10 Sessions	\$ 490

Find a partner and you both save!

Partner Sessions

1 Session	\$ 45/person
5 Sessions	\$ 200/person
10 Sessions	\$ 380/person

BODY FAT ANALYSIS

Learn your body composition based on lean muscle-to-fat-ratio. You will receive your ideal body fat percentage and ideal body weight based on current lean muscle mass.

Fees Facility Members \$ 20

FITNESS EVALUATIONS

We will test your:

- Blood Pressure
- Resting Heart Rate
- Flexibility
- Cardio Vascular Endurance
- Muscular Strength
- Muscular Endurance
- Body Composition Analysis

Based on the results of your fitness evaluation, a trainer can prescribe an exercise program to reach your personal goals.

Fees Facility Members \$ 59

PRIVATE PILATES

Pilates improves strength, flexibility and body alignment in an effective mind and body workout. It is highly versatile for meeting an individual's different needs including those who are pre/postnatal, post-rehabilitation and athletes.

All sessions with a certified Pilates instructor are 1 hour in length which includes the use of our specialized Pilates equipment including Allegro Reformer and Wunda Chair.

Private Sessions

1 Session	\$ 59
5 Sessions	\$ 270
10 Sessions	\$ 490

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Partner Sessions

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5 Sessions	\$ 200/person
10 Sessions	\$ 380/person



Get Started!

To make an appointment for any of the above programs contact the Associate Healthy Lifestyles Director Jim Netto at (818) 790-0123 ext. 243.