

WOMEN'S WEIGHT TRAINING CLASS

Workout in a small group setting with a personal trainer who will design a comprehensive yet simple to follow, weight training routine for you.

Develop the skills and confidence to use weight machines and free weights to maximize your results. Leave this class with a personalized weight training plan and the knowledge to continue and adjust the plan on your own.

Sessions

Mon./Wed. 12:00 - 1:00 pm
Session I: October 12 - 29
Session II: November 2 - 19

Fees Facility Members \$ 96

ACTIVE OLDER ADULTS WEIGHT TRAINING

This class is geared towards building a safe and effective, yet easy-to-follow weight training routine.

The goal is to give participants a personalized workout that exercises the entire body, while also providing knowledge and confidence to continue the workout plan on your own.

Program Structure

- 20 min. lecture on weight training fundamentals.
- 40 min. weight training exercised using body weight, machines & free weights.

Sessions

Mon. / Wed. 1:00 - 2:00 pm
Session I: September 21 - Oct. 15
Session II: October 19 - Nov. 12

Fees Facility Members \$ 96

Register for the above classes at the Membership Office.

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) 397-8604 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.

Healthy Lifestyles

Effective January 2010



Private Pilates



Nutrition



Personal Training



Healthy Lifestyle Counseling

Crescenta-Cañada Family YMCA
1930 Foothill Boulevard
La Canada Flintridge, CA 91011
818-790-0123 / www.ymcafoothills.org

Contact Information
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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

Find a partner and you both save!

Partner Sessions

1 Session	\$ 45/person
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.