

FITNESS

PERSONAL TRAINING

Don't know where to begin? Lacking motivation? Not getting results? You will learn from our Certified Personal Trainers what you need to get on the right track! Our trainers will design a program specifically for your individual needs and exercise experience. Please call to schedule your personal training sessions. 630-552-4100 x247

All fees listed are member rates per participant and must be paid prior to starting any training.

Weight, measure and body fat calculation	\$10
Fitness Assessment	\$20
Nutritional Counseling	\$82

BENEFITS OF PERSONAL TRAINING

- ▶ Personalized program
- ▶ Improve your overall fitness
- ▶ Reach or maintain a healthy weight
- ▶ Maximize workout, minimize time
- ▶ Focus on your unique health concerns
- ▶ Consistent, nonjudgmental support
- ▶ Proper technique and form

PERSONAL TRAINING PACKAGES	30 MIN	45 MIN	60 MIN
3 Pack	\$62	\$92	\$123
5 Pack	\$97	\$154	\$195
10 Pack	\$185	\$277	\$370
15 Pack	\$262	\$390	\$523
20 Pack	\$338	\$507	\$677

ONE HOUR GROUP TRAINING PACKAGES	(PARTICIPANTS)	
	2	3
3 Pack	\$92	\$62
5 Pack	\$128	\$92
10 Pack	\$205	\$154

SMALL GROUP TRAINING	FEE
5 Pack	\$51
10 Pack	\$102

FREE GROUP EXERCISE CLASSES WITH YOUR Y MEMBERSHIP!

VIEW FULL SCHEDULES AT WWW.FOXVALLEYMCA.ORG/SCHEDULES



GROUP EXERCISE CLASSES

The Y offers many classes each week. Classes range from Les Mills BodyPump® to Yoga and Aqua Fitness and our schedule is designed with a variety of fitness enthusiasts in mind. Group exercise classes are included with your Y membership. Classes are subject to change, based on class size and seasonal fluctuations. For complete class schedule and descriptions visit www.foxvalleymca.org. Our monthly group fitness pass gives non-members access to both land and aqua group fitness classes.

FITNESS CENTER / GROUP EX REMINDERS

Children under the age of 11 are not permitted in the Fitness Center/Group Exercise class unless participating in a kids fitness program authorized by the Y. Members and guests 11-13 years of age must be accompanied by an adult at all times in the fitness center/group exercise classes. Children under age 11 can attend Kids Zone (free with a Family Membership) while their parent or guardian attends a Group Exercise class. Children ages 11-14 must complete an orientation prior to using the fitness center. Please make an appointment for the orientation at the Front Desk.

PERSONAL NUTRITIONAL COUNSELING

Registered Dietitian, Michelle LeMaistre, will work with you to develop an appropriate, nutrition-based lifestyle change to meet your personal needs. She will consider any dietary restrictions you have, discuss obstacles, and help you get on the right path to living a healthy lifestyle! You will have an initial one hour consultation with three 20 minute follow up appointments. This is a great addition to your personal training package!

FITNESS ASSESSMENT

A great way to evaluate your current fitness level. It includes a series of measurements to help determine your physical fitness including height, weight, body composition, blood pressure, muscular and cardiovascular endurance and flexibility.

GROUP EXERCISE ORIENTATIONS

If you are interested in group fitness, but you are not sure where to begin or how to get set up for each class, sign up for a complimentary group x orientation. Our instructors will help you become comfortable and familiar with many of the classes we have to offer. This is a great way to introduce group fitness and find what works best for you. Please make an appointment at the front desk.

WELLNESS ROOM ORIENTATION

If you are new to the Y, or are unsure how to use some of the equipment in the fitness center, sign up for a FREE fitness orientation. Y Fitness Staff will help you become comfortable and familiar with our strength and cardio equipment. Please make an appointment at the Membership Desk.

SMALL GROUP TRAINING

Small group training is an affordable way to take advantage of a trainer's expertise, creativity and motivation at a lower cost. Draw from the energy of your group as you push yourself for real results. Trainings are for 4-8 participants creating smaller, intimate classes with more individualized attention.

FALL SESSION I: SEPTEMBER 5 – OCTOBER 29
 FALL SESSION II: OCTOBER 30 – DECEMBER 23

FITNESS SESSIONS

YMCA BOOT CAMP

M-F | 5-6am | FREE to Members/\$100NM | Central

Boot Camp is for individuals looking to be pushed to the next level! The class includes a mix of cardio and strength training utilizing body weight exercises, weight training and tabata methods for all fitness levels. Must be at least 18 years of age to register. Pre-registration is required. Pay per month or sign up for bank draft and receive a \$10 discount on your fee.

TRX/TRX HIIT

This 45 minute, small group training class includes body weight resistance training, core strengthening, and cardio bursts. The TRX Suspension System, Bosu Balls, and Stability Balls will be used. Class is limited to eight participants, so don't miss out!

EQUIP: STRENGTH & SCULPT

This is a 45 minute, small group training class that includes high intensity cardio bursts, resistance training and focuses on strength and agility exercises using TRX Suspension System, Bosus, sliders, bikes and stability balls. Class is limited to eight participants, so don't miss out!

F.I.T.

Functional Interval Training that uses boot camp, HIIT intervals, cardio and strength training to give you a great workout! No two classes are ever the same. All fitness levels welcome.

AQUA BARRE

Ballet Barre exercises are translated into a pool setting in our new Aqua Barre class. Participants will use pool noodles, water weights, and the pool wall and floor for assistance. Practicing in deeper water can bring an additional challenge to participants, although no swimming skills are necessary. These new aqua exercises challenge stability and core strength.

YOGA FOR OSTEOPOROSIS

Bone is a remarkable tissue with a functional structure (the skeleton). It is strong enough to withstand intense physical activity, adaptive enough to respond to changes in activity and lightweight enough to allow efficient movement. But when things go wrong, the result is FRACTURE. Osteoporosis is the condition associated with fractures. In the US alone, there is an estimated 2 million fractures from Osteoporosis, a number that continues to rise as our population ages. Yoga has been proven to prevent and reverse osteoporotic bone loss safely. Join us and build back confidence, balance, and bone to prevent a fracture.

BOXING TRAINING

M, W | 5:30-6:15pm | \$58M/\$87NM | West

Whether a beginner or a pro fighter, this class offers the opportunity to achieve your fitness goals and learn the art of boxing. You will learn fundamentals in footwork, punching, defense, and conditioning through a variety of different drills all geared toward enhancing your skills as a boxer (bag work, mitt work, agility training, light sparring and strength training). Ages 14 and over only. Check with instructor for equipment needed.

ENHANCE® FITNESS

Enhance® Fitness is a proven, community-based senior fitness and arthritis management program. It helps older adults become more active, energized, and empowered for independent living. Each class will be led by a certified instructor and exercises will focus on cardiovascular endurance, strength, flexibility, and balance to help reduce the severity of arthritis symptoms. Older adults at all fitness levels are encouraged to participate. The program is especially beneficial for older adults living with arthritis. Call 630-552-4100 x247 for more information.

Fall Specialty Fitness Classes

M/NM: Y Member/Non-member

PROGRAM	DAY	TIME	FEE (M/NM)	LOCATION
TRX HIIT	M	6:45-7:30pm	\$58/\$87	Central
TRX HIIT	Tu	5-5:45am	\$58/\$87	West
TRX HIIT	Tu	9:30-10:15am	\$58/\$87	West
TRX HIIT	Th	10:15-11am	\$58/\$87	Central
TRX HIIT	Th	6:15-7pm	\$58/\$87	Central
TRX HIIT	F	6-6:45am	\$58/\$87	West
Equip	Tu	6:30-7:15pm	\$58/\$87	Central
Equip	W	10:15-11am	\$58/\$87	Central
Aqua Barre	Th	10:15-11am	\$58/\$87	Central
F.I.T.	M	5-5:45am	\$58/\$87	West
F.I.T.	M	8:15-9am	\$58/\$87	West
F.I.T.	M	5:30-6:15pm	\$58/\$87	West
F.I.T.	W	5:30-6:15am	\$58/\$87	West
F.I.T.	W	8:30-9:15am	\$58/\$87	West
F.I.T.	F	9-9:45am	\$58/\$87	West
F.I.T.	S	7-7:45am	\$58/\$87	West
Yoga For Osteoporosis	M	4-4:45pm	\$58/\$87	West

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www.WSPYFM.com

HEALTH & WELL-BEING

BLOOD PRESSURE SELF-MONITORING PROGRAM

This FREE, preventative health program is facilitated by Healthy Heart Ambassadors, appointed and trained by the Y, who will show participants how to use a blood pressure cuff, encourage self-monitoring and facilitate monthly nutrition education seminars. Call 630-552-4100 x247 for more information.

SIMPLY WELL

CREATE HEALTHY, SUSTAINABLE HABITS WITH SMALL CHANGE

WEST BRANCH | KICK-OFF: THURSDAY, AUGUST 24

FINALE: - THURSDAY, SEPTEMBER 28

AGES 18+ | \$30M / \$40 COMMUNITY PARTICIPANTS

This 4-week program promotes healthy lifestyle changes related to nutrition physical fitness and education. In this individual challenge, find the support and dedication you need to succeed from Northwestern Medicine Community Wellness and YMCA staff. The program includes:

- Education
- Pre and post-event biometric screenings (includes: height, weight, waist circumference, body mass index, blood pressure, cholesterol, and glucose)
- Full access to the YMCA
- Guidance and support from staff and peers

Please call Northwestern at 815-786-3962. Registration deadline, August 9th. Please note a pre and post-event biometric screening is required to participate. Appointments will be made at the time of registration and will be held at Northwestern Medicine Valley West Hospital.

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YOUTH FITNESS

FALL SESSION I: SEPTEMBER 5 - OCTOBER 29
 FALL SESSION II: OCTOBER 30 - DECEMBER 23

YOUTH FITNESS - CENTRAL FIT-N-FUN

Ages 3-6 | Join us for fun fitness games that will help keep kids active and show them how fun exercise can be at an early age. Please send children in play clothes, class will be outside when weather permits.

KIDS YOGA

Ages 6-12 | Yoga for kids can help build confidence, body awareness and focus on the breath as a tool for centering. Class will feature stories, partner dynamics, animal sounds and laughter.

SPEED & AGILITY

Ages 8-17 | Speed and Agility is for any skill level looking to improve their current athletic performance. Exercises are designed to improve overall quickness, strength and coordination. There will be a concentration on footwork, legs and core strength.

MINI WERQ

Ages 5-12 | Kids will have a blast with Kids' WERQ®, the fiercely fun dance fitness workout class based on kid-friendly versions of pop, rock, and hip-hop music taught by Certified WERQ instructors and designed just for kids. Kids will have a blast with Kids' WERQ®, the fiercely fun dance fitness workout class based on kid-friendly versions of pop, rock, and hip-hop music taught by Certified WERQ instructors and designed just for kids.

TRX TEEN TRAINING

Ages 13-17 | This is a 45 minute, full-body workout in a small group setting, that incorporates the TRX Suspension Training system and other equipment. Teens will benefit from the camaraderie of group training setting as well as the individualized attention of a trainer. Space is limited, so sign up today!

Central Branch - Youth Fitness Classes			M/NM: Y Member/Non-member	
PROGRAM	DAY	TIME	FEE (M/NM)	LOCATION
Fit-N-Fun	W	11:30am-12pm	\$40/\$60	Central
Kids Yoga	M	11:30am-12pm	\$40/\$60	Central
Speed & Agility (Ages 8-12)	S	10:15-11am	\$58/\$87	Central
TRX Teen (Ages 13-17)	Th	7-7:45pm	\$58/87	Central
Mini WERQ (Ages 5-12)	W	9:30-10am	\$40/60	Central
	S	8:30-9am	\$40/60	Central



YOUTH FITNESS - WEST STRONG KIDS - HEALTHY KIDS

Ages 3-5 | This class is a way for your child to learn to socialize through games, crafts, music, exercise, and interactive play. Children will end the session with a field trip to E & A Adams Farm.

SPEED & AGILITY

Ages 8-12 | Speed and Agility is for any skill level looking to improve their current athletic performance. Exercises are designed to improve overall quickness, strength and coordination. There will be a concentration on footwork, legs and core strength.

West Branch - Youth Fitness Classes			M/NM: Y Member/Non-member	
PROGRAM	DAY	TIME	FEE (M/NM)	LOCATION
Strong Kids - Healthy Kids	T	9:30-10am	\$40/\$60	West
Speed & Agility (Ages 8-12)	T	5-6:00pm	\$58/\$87	West
Speed & Agility (Ages 8-12)	Th	5-6:00pm	\$58/\$87	West




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