

YFITNESS

Are you ready to start exercising, or want to improve on your current program? Do you have specific goals in mind or need motivation? Just need someone to show you how to work all the gadgets? Whatever your need - The YMCA is ready to help you!

FITNESS ORIENTATION

This service is included as part of membership and non-member monthly fee, and is a very important part of your fitness experience. A trainer will show you the correct range-of-motion, speed, and position for executing exercises on our fitness equipment. Members between the ages of 10 and 17 are required to have a Fitness Orientation prior to using any equipment and we strongly recommend adult members take advantage of this great free service. These can be done individually or with a friend. Fitness Orientations take approximately 1 hour and are conducted by appointment only. Appointments must be scheduled at the Front Desk least 24 hours in advance.

FITNESS ASSESSMENT & GOAL SETTING SESSION

During this one hour consultation we'll discuss your individual medical history, complete a personal fitness assessment, discuss personal goals, and establish an exercise plan just for you. The fitness assessment testing includes blood pressure reading, resting heart rate, body and target weight, body composition, cardio-respiratory endurance, flexibility, muscular strength and endurance. Exercise testing allows gathering of baseline data, helps chart progress throughout your exercise program, and provides proof that your exercise program is working!

Fee
Members \$35 Non-members \$50

PERSONAL TRAINING

Need the extra "push" of having a trainer supervise your workouts? That can be arranged! Our trainers will be right there with you every step of the way making sure you're getting the most of your workout and yourself. A Fitness Assessment and Goal Setting session is required prior to scheduling Personal Training sessions (see information and fees above).

1/2 hour session
Members \$20 Non-members \$30

1 hour session
Members \$35 Non-members \$50

5 half-hour sessions
Members \$90 Non-members \$140

5 one-hour sessions
Members \$150 Non-members \$220

Please see Front Desk staff for additional information or to register for any of the programs above.



FRANKLIN COUNTY FAMILY YMCA

235 Technology Drive P.O. Box 720
Rocky Mount, VA 24151
540.489.YMCA (9622)
www.franklincountyyymca.org

SMITH MOUNTAIN LAKE YMCA

293 FirstWatch Drive
Moneta VA 24121
540.721.YMCA (9622)
www.franklincountyyymca.org



Our YMCA is a
United Way
Partner Agency