
Y ACTIVE

MENU OF OPTIONS



PERSONAL TRAINING CONSULTATION

Your body deserves a unique fitness plan, tailored just for you. Meet one-on-one with a certified personal trainer for a free consultation.

During this consultation, you will learn more about the personal training program options available to you, based on your goals and needs.

FITNESS EQUIPMENT ORIENTATION

We understand that walking into a fitness center, with its many types of equipment, can be intimidating.

Let us help you! During an orientation, you will learn how to use the cardiovascular and/or strength equipment in our wellness centers to increase your health and well-being.

FITNESS ASSESSMENT

How do you know where you are going if you're not sure where you are starting? Get your baseline measurements done as part of a fitness assessment. Knowing where you are can give you a better idea of what steps you should take to meet your goals.

F.A.S.T (FIT ADOLESCENT SAFETY TRAINING)

F.A.S.T. teaches youth and teens (ages 12-15) how to work out safely and effectively within the Y Fitness Center. It introduces basic muscle anatomy, exercise concepts and guidelines, gym etiquette and safety practices. Once youth have successfully completed the F.A.S.T. program, they will be able to work out in Fitness Center without parental supervision.

Looking for more information? Talk with one of our Health & Wellness Staff Members today!