



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Muskegon YMCA Special Programs Spring 2012

CLASS	Date	Time	Non-Member Fee
Personal Trainer	By Appointment		Fees Vary
TriFit Assessment	By Appointment		\$30 Members \$70 Non-Members
5 Weeks to a New You	By Appointment		\$150 Members ONLY
Body Composition	By Appointment		\$5 Members \$15 Non-Members
Therapeutic Massage	By Appointment	½ hour: \$25 1 hour: \$45	½ hour: \$30 1 hour: \$50
Life Guard Certification	June 8,9,11,15 Fri/Sat/Mon Wed/Fri	Hours Vary	\$180 Members \$210 Non-Members
WSI Certification	May 2-30 Wed Mondays May 14 & 15	5:30-9:45p All Days	\$150 Members \$175 Non-Members
Seaway Run Training	Tuesdays Apr. 17- Jun 19	6:00p-7:15p	\$15 Members \$50 Non-Members See front desk for group rates
CPR Certification Adult/Child/Infant First Aid	Saturday May 5 Following CPR	8:30 am- 1:30pm 1:30-2:30	\$50 Members \$70 Non-Members \$20 Members \$25 Non-Members
Swim Through the Years Build Your Stroke	Ongoing	Lap Swim Times	Y Members ONLY Free or \$15 If you would like to receive a prize

PERSONAL TRAINING For special attention, work one-on-one with a certified personal trainer. Focus on your own fitness goals. Personal training packages can include Tri FIT testing in place of one personal training session. Rates vary depending on session length & package purchased. Buy one or more trainings and see the difference it will make.

TriFIT FITNESS ASSESSMENT TEST Includes height, weight, blood pressure, strength, cardiovascular endurance, flexibility, body composition and oxygen uptake testing. We will provide your body age in comparison to actual age and what your obtainable age could be. A pre-designed wellness program will be provided as well as a 12 week follow up assessment.

5 WEEKS TO A NEW YOU – MEMBERS ONLY Purchase this five-week personal training package & receive supportive guidance in reaching your weight loss goals. You will receive five 45 minute personal trainings, e-mails, nutrition & fitness information, two baseline tests, body comp analysis & personal support.

BODY COMPOSITION ANALYSIS The scale may not be telling you the truth! A Personal Trainer will perform a Skin Fold test on you to measure the amount of your current body fat.

THERAPEUTIC MASSAGE Feel the healing power of massage with one of our certified massage therapists. You'll experience relaxed muscle tension, revitalized circulation and a feeling of peace and serenity. Available by appointment at the

AMERICAN RED CROSS CPR AND FIRST AID CLASS Classes are held throughout the year that will certify you in adult, child and infant CPR; AED; Blood Bourne Pathogens; and fist aid.

SWIM THROUGH THE YEARS/BUILD YOUR STROKE These are great fun fitness activities involving distance swimming. Details of either challenge can be picked up at the front desk.

LIFEGUARDING This class will certify you as a Red Cross Lifeguard. At the completion of the class you will receive lifeguarding, CPR for Professional Rescuers, First Aid, AED, and Oxygen Supplement certifications. You can choose between a pool or open water certification.

WSI: Become certified to teach swimming. The course will teach you the fundamentals of teaching beginning to advanced swimming skills.