



# Health and Fitness Wellness Information

## **Hampshire Regional YMCA Refund Policy for Programs/Classes**

Requests for refunds or credit must be made in person or in writing. Refund or credit will be given according to the following schedule:

100%- 2 weeks before 1st week of class  
100% -voucher only 1 week prior to start of class

Once session begins, all changes must be approved by the program director.

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Updated 1-18-10

## Active Older Adults Land and Water

The Hampshire Regional YMCA offers great fitness class options that are designed to meet the needs of our Senior Members (although anyone can join in on a class). Our classes provide fitness, fun, and a sense of community. Come to workout and to make new friends! All of our Active Older Adult classes are included with your Senior Adult or Senior Couple membership except our Shallow Water and Arthritis Exercise Program.

**SHALLOW WATER AEROBICS** —The shallow, warm-water pool provides a great setting for an enjoyable 55 minute full-body workout. Develop cardiovascular fitness and muscle toning through exercises and routines, which include the use of resistive equipment. Each class is designed to address the fitness levels of the participants. Swimming skills are not required. Beginners are welcome. **Members Only, FREE**  
M, Tu, W, Th & Fri 8:00-8:55 am  
M, W, & F 12:00-12:55 pm  
M, W 6:00-6:55 pm

**DEEP WATER AEROBICS** — If you are comfortable in deep water and want to add some variety to your exercise program, include the dimension of a deep water aerobic routine! Deep-water workouts offer a superior range of motion and allow for greater muscular strengthening. Deep-water equipment will be used for buoyancy and added resistance. Most exercises are done in a vertical position and are designed to provide a great full-body workout.

Tu, Th 6:00 am-6:55 am  
M, Tu, W, Th, & F 9:05-10:00 am  
**Members Only, FREE**

**ACTIVE OLDER ADULT AQUACISE (AOA)** — The shallow, warm-water pool provides a great setting to get moving with ease. Water exercise will help improve range of motion and flexibility, develop cardiovascular fitness, tone muscles, and improve circulation, all in a buoyant, liquid environment. Each class is designed to address the fitness levels of the participants and may include the use of equipment for added resistance or buoyancy. Swimming skills are not required. Beginners are welcome. **Members Only, FREE**  
Tuesdays and Thursdays: 11:15-12:15

# \*Fitness Highlights\*

## Zumba

Forget your boring workout and join the Latin Dance party! This new fitness class will allow you to burn lots of calories while having an amazingly fun time! Come check out his Hot new trend.

Wednesdays at 5:30pm  
Fridays at 10:15 am

## Beginner Cycle

This fun beginner 30 or 45 min. class is designed for new cyclists and those who would like to know more about the cycling classes.

Wednesdays 5:45pm—45 min.

## Core Conditioning

Spend an hour strengthening your core with a fusion of traditional Strength Training, Yoga and Pilates. This mat based class is designed to improve core strength and stability whiled allowing each participant the opportunity to progress at their own pace.

Mondays 6:00am

## Total Body conditioning

This fast-paced class offers a variety of exercise to promote cardiovascular fitness, strength and an overall great workout. (All Levels)

Thursdays 9:15—Gym

## GROUP EXERCISE CLASSES

**Please see Group Exercise Schedule with class descriptions by the Membership Desk! We offer a wide variety of classes open to all levels of fitness including:**

**STRETCH & MOVE DANCE**  
**STEP AND SCULPT**  
**MUSCLE CONDITIONING**  
**STEP AND SCULPT**  
**CARDIO KICK**  
**CURCUIT TRAINING**  
**BOOT CAMP**  
**\*QI-GONG**  
**Y CYCLE**  
**CARDIO DANCE**  
**ON THE BALL**  
**YOGA**  
**ZUMBA**  
**YOLATES**  
**CORE CONDITIONING**  
**\*ACTIVE OLDER ADULTS**  
**\*TAI CHI**

*\* Recommended classes for Seniors who are looking for gentle, non-impact exercise.*

**ARTHRITIS FOUNDATION YMCA AQUATIC PROGRAM** —This water exercise program includes range of motion and muscular strength and endurance exercises. This program was designed by the Arthritis Foundation for people with arthritis and other related conditions, but is beneficial for all individuals who are ready to join a low intensity exercise class. Participants will experience many benefits, including the opportunity to develop greater mobility and range of motion through aquatic exercise. The warm water in the YMCA's instructional pool makes starting this basic level class easy.

M, W, F 11:15-12:00 (small pool)  
Members: FREE  
Non-Members: **Based on a 7-Week Session**  
1 class/week \$48  
2 classes/week \$72  
3 classes/week \$93

**Active Older Adult Yoga** — The pace will be slow as you learn to work safely and precisely, stretching and extending deeply. This class is ideal for, but not limited to those individuals who are new to yoga or concerned about age, fitness level or weight.  
Monday: 10:30AM

**SENIOR FITNESS** —This class is for men and women who are 55 and older and is designed to increase muscle tone, flexibility, and improve circulation. Enjoy a happier, healthier, more productive life! This fun workout includes a cardiovascular (aerobic) segment, muscle conditioning, and flexibility training.  
Tu, Th 9am-10am (Studio 1)

**Members Only: FREE**

**ACTIVE OLDER ADULT CHAIR FITNESS** —This class starts with a warm-up and gentle stretches, progresses to a non-impact aerobics segment and then moves into exercises using a chair to work on balance and muscular strength. This workout, set to fun music, focuses on the importance of bone, balance, coordination and mind fitness!

Tu, Th 10:10-11:00am (Studio 1) Members Only: Free

## Adult Training Programs

**Y-CONNECT** —This 12-week program connects you with a Wellness Coach who will collaborate with you in developing a fitness plan based on your exercise history and personal goals. Your coach will orient you to the Wellness Room familiarizing you with the cardiovascular and strength training equipment. You will be responsible for logging your workouts in a personal Y-Connect log book each time you workout. Your coach will review your log book and every fourth week you will set up a Y-Connect consultation appointment to determine how you will progress through the next stage. Although your Y-Connect Coach will not be working out with you when you come to exercise, your coach, or any Wellness Staff Member on duty in the Adult Wellness Center, is always available to offer guidance and support! An appointment for our Y-Connect Program can be made at the Membership Services Desk.

**FREE for our members.**

**GENERAL CONSULTATION** —New members are encouraged to sign up at the Membership Desk for a General Consultation in the Wellness Room. A trained Wellness Staff Member will orient members (15 years and older) on how to use the cardiovascular equipment as well as the Cybex Machines. Please wear comfortable clothing and sneakers. A General Consultation typically takes one hour. **Free to members!**

**PERSONAL TRAINING** —Everyone can benefit from a personal trainer—from the elite athlete looking to gain a competitive edge, the beginner who is unfamiliar with exercise equipment, the person who need extra motivation and structure! Whatever your reason, our certified trainers will design a program tailored to your needs. Our trainers will motivate you and monitor your progress to ensure your program is safe, progressive and effective. To find out more information or to schedule an appointment with one of our certified Personal Trainers, please contact the Wellness Department at 584-7086, ext. 105. **Members Only** Five 1-hour sessions: (must be purchased at one time) \$200 — Individual 1-hour session:\$50

**FITNESS ASSESSMENTS** — Would you like to know your current baseline fitness level? We will evaluate your muscular strength, muscular endurance, cardio fitness, flexibility, body fat percentage and blood pressure. This is helpful information to have when starting a fitness program on your own, with a personal trainer or with one of our Y-Connect or Y-Start staff coaches. You may sign-up for a scheduled fitness assessment by calling our membership desk (584-7086). Assessments take approximately 1 hour and 15 minutes. Members Only: \$35

## Family & Teens (Free for members only.)

**FAMILY YOGA** — Wednesday 4:30-5:00PM in Studio 2  
This class is for adults and their children ages 3 and up.

**INTRO TO KARATE**— Monday at 4:15pm studio 1 for children 6—12 years old. This class is for Y members only. Children under 12 yrs. must be accompanied by an adult member.

