

**STRONGER
TOGETHER**

**MOTIVATE
TOGETHER**

BECOMING A BETTER YOU.
With our resources, tools, and expert
knowledge, we can get you there.



NUTRITION

NUTRITION COUNSELING

Our Registered Dietitian 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 consultation and follow-up appointments per package. This is a great addition to your personal training package!



**FOX VALLEY
FAMILY YMCA**

3875 Eldamain Road, Plano, IL 60545
630-552-4100
www.foxvalleyymca.org



FITNESS



**FOREVER
MOVING**

WELLNESS ROOM

The Wellness Room at each Y location includes exercise machines, stretching areas, free weights and a weight room. Achieve a complete workout in the Wellness Center at either Y location — blending flexibility, strength and endurance.



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 online or at the Membership Desk.

Kids age 10-13 years of age must be accompanied by an adult at all times in the wellness center and complete a Wellness Room Orientation.

GROUP-EXERCISE



The Y offers many UNLIMITED GROUP-EXERCISE classes each week with membership. Classes range from Les Mills BodyPump® to Yoga and Aqua Fitness and our schedule is designed with a variety of fitness enthusiasts in mind. For a complete class schedule with descriptions visit www.foxvalleymca.org.

Classes are subject to change, based on class size and seasonal fluctuations.

AQUA ZUMBA
BODYCOMBAT
BODYPUMP
BODYSTEP
BOOT CAMP
ENHANCE

PILATES
SPINSANITY
WATER IN MOTION
WERQ
TONE
YOGA



TRAINING

Don't know where to begin?
Lacking motivation?
Not getting results?

PERSONAL TRAINING

1-ON-1 OR PARTNER

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.

SMALL GROUP TRAINING

4-8 PARTICIPANTS

The future of fitness, 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. Training is for 4-8 participants creating smaller, intimate classes with more individualized attention. You bring the group, we'll match you with a great trainer!

SMALL GROUP YOUTH TRAINING

4-8 PARTICIPANTS

Small Group Training isn't just for adults, kids now have the ability to participate and benefit from group training with a certified fitness instructor. This is a fun and exciting way for your children to participate in a non-competitive exercise program built just for their age group and ability level.

Suggested age groups: 2-4 years, 5-7 years, 8-12 years