### 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



# FOREVER MOVING

### **WELLNESS ROOM**

### **GROUP-EXERCISE**

### **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

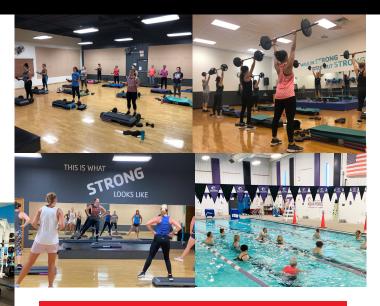
expertise, creativity and motivation at a lower cost. Draw from the energy of your group as you push

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!

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.



EXERCISE classes each week with membership. Classes range from Les Mills BodyPump® to Yoga and Aqua Fitness and our schedule is in mind. For a complete class schedule with descriptions visit www.foxvalleyymca.org.

**AOUA ZUMBA PILATES BODYCOMBAT SPINSANITY WATER IN MOTION BODYPUMP BODYSTEP WERO BOOT CAMP** TONE **ENHANCE** YOGA







The Y offers many UNLIMITED GROUPdesigned with a variety of fitness enthusiasts

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

#### **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

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.

**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.