

ACTIVATE YOUR WELLNESS

GET STARTED AT THE Y

Set goals and get started with your wellness journey at the Y in our ACTIVATE program. Get some tips and tricks, and get comfortable with the Y. Meet with one of our Wellness Coaches to get started!

- ✓ Included in all memberships!
- ✓ Goal-setting
- ✓ Intro to the Y

IGNITE YOUR ROUTINE

INCLUDED IN ADULT MEMBERSHIPS

[Ages 18+]

Three 30-minute sessions with one of our Wellness Coaches to check-in on your goals and show you how the Y can help!

- Session 1 — Fitness orientation & goal-setting
- Session 2 — Nutrition consultation
- Session 3 — What's next?

ADDITIONAL OPPORTUNITIES

FULL FITNESS EVALUATION [\$25]

[Ages 18+]

In this 30-minute evaluation, you'll get your body fat tested, test your strength in overhead squat, push & pull, YMCA sit-up test, step test, and an explanation of muscles and foam rolling. Scheduled when you need.

"NOURISH YOUR POWER" [Prices vary]

[Ages 18+]

Check out our personal training, body analysis, and nutrition coaching programs available at statelineymca.org/power.

YOUTH FUNCTIONAL TRAINING [\$15/month]

[Ages 5-15]

Youth will enjoy a functional training program tailored towards sports performance. Join a group exercise class or workout on the wellness floor while your child does the same! Various times available.

INCLUDED IN YOUTH MEMBERSHIPS

[Ages 10+]

[REQUIRED before using wellness center]

Youth / Teen Orientation to the Y, including workout and nutrition tips.



LEARN MORE & SIGN-UP



statelineymca.org/active



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