



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+]

Two 45 minute sessions with one of our Wellness Coaches to check-in on your goals and show you how the Y can help!

- Session 1 — Life Center tour and equipment orientation
- Session 2 — goal setting and schedule planning

INCLUDED IN YOUTH MEMBERSHIPS

[Ages 10+]

[REQUIRED before using life center]

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

ADDITIONAL OPPORTUNITIES

FULL FITNESS EVALUATION [\$25]

[Ages 18+]

In this 30-minute evaluation, you'll complete a series of tests to assess your cardiovascular fitness, strength, and flexibility based on your age. A personal trainer will review your results with you and recommend key areas to focus on to improve your overall health

"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 [\$25/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.



LEARN MORE & SIGN-UP

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