

MORE HEALTH AND WELLNESS

PERSONAL TRAINING

REACH YOUR GOALS WITH A CERTIFIED PERSONAL TRAINER

Everyone needs the advice of an expert sometimes, as well as the personal attention that comes with a trainer or coach. The Y offers personal, partner and small group training to help with setting and meeting goals in order to live healthier.

All fees are per person	1 Session 60 min session	5 Session 60 min session	10 Session 60 min session
Personal (1:1)	M\$65/GP\$80	M\$300/GP\$375	M\$500/GP\$700
Partner (1:2-3)	M\$55/GP\$70	M\$250/GP\$325	M\$450/GP\$500

Personal trainer's request 24 hours notice if cancelling an appointment. Appointments cancelled with less than 24 hours notice will be forfeited. All personal training sessions are nonrefundable and expire twelve months after date of purchase.

TEEN STRENGTH ATTACK (Ages 12-15)

A fitness coach will guide teens through proper use of the cardio and the selecterized strength circuit while teaching proper techniques and rules of the Wellness Center. This class and parental supervision are required for 12 to 15 year olds who want to use the Wellness Center. **(FREE)**

TRX TRAINING

Get fast, effective, total-body workouts with TRX that strengthen your core, improve stability and increase muscular endurance. TRX is a total body resistance exercise that uses a suspension training system, making it possible for you to use your own body weight and gravity for an effective workout. Participants can customize the difficulty of their workout by making simple adjustments to the TRX system. Small group training offers individual attention by a certified personal trainer.

TRX Fusion

Monday 9:00am-10:00am
Friday 5:00am-6:00am

TRX 30

Thursday 8:30am-9:00am
Friday 8:00am-8:30am

30 min training 4 weeks: M\$25/GP\$35 5 weeks: M\$30/GP\$40

60 min training 4 weeks: M\$49/GP\$69 5 weeks: M\$59/GP\$79

COOKING CLASSES

JAPANESE COOKING - SEALED AIR BRANCH - MGR

Join this hands-on class and learn how to make authentic Japanese dishes from a Japanese native.

ONIGIRAZU & ONIGIRI/RICE SANDWICH 7 RICE BALL

Wed., January 15th 10:30am-12:00pm or 5:30pm-7:00pm

CHOCOLATE ROLL CAKE

Wed., February 12th 10:30am-12:00pm or 5:30pm-7:00pm

KARAAGE/JAPANESE FRIED CHICKEN

Wed., March 18th 10:30am-12:00pm or 5:30pm-7:00pm

YAKISOBA/STIR FRIED NOODLES WITH MEAT, VEGETABLE AND A SWEET AND SALTY SAUCE

Wed., April 15th 10:30am-12:00pm or 5:30pm-7:00pm

\$20 Member/\$40 General Public (Limit 8 per class)

All cooking class participants must register at least 48 hours prior to the date of the class. Classes without 4 pre-registered participants are subject to cancellation.

YOU CAN MAKE A DIFFERENCE. Please Support our Annual Campaign!

The Y raises funds through the Annual Campaign to strengthen communities, improve kids' grades and build leadership skills, and ensure the Y is welcoming and accessible to all people.

The Y is a community leader in providing high quality educational and extracurricular activities. Your generosity supports the Strong Communities Agenda, which transforms the lives of low income families and youth in Racine through programs that create hope, celebrate personal responsibility, and gets kids excited about school and the future. We count on your generosity to help people of all ages and walks of life in Racine to be healthy, confident, connected and secure.

YES! I WANT TO SUPPORT THE Y!

MY COMMITMENT TO Y's ANNUAL CAMPAIGN

\$25 \$50 \$100 \$250 \$500

Banner Program Gold (\$2500 or greater)

Banner Program Silver (\$1000 - \$2499)

PAYMENT METHOD

Check (payable to RACINE FAMILY YMCA)

Credit Card (Visa/Mastercard/Discover)

Number _____ Exp. Date _____

Name _____

Address _____

Phone _____

Signature _____ Date _____

PLEASE RETURN TO :

RACINE FAMILY YMCA

245 Main Street, Racine, WI 53403

262•634•1994

ymcaracine.org

