

YHEALTH & WELL-BEING™

We build strong kids, strong families, strong communities.

MASSAGE THERAPY

Let your stress and tension melt away with therapeutic massage. 90% of all disease is stress related. Stress can act on our body in many different ways. For some people, stress can cause lack of sleep, muscle spasms, a lowered immune system or weak and tight muscles. Therapeutic massage can help you to manage these symptoms of stress. Therapeutic massage combines a variety of massage techniques to help relieve tight muscles and to help bring your body back to a natural state of balance.

Massage services are available at the Greenville Facility to YMCA members. Our licensed therapist can provide a full therapeutic massage or tailor your massage to meet specific needs. She specializes in Reflexology, Reiki, Swedish Massage, Sports Massage, Lypossage, Neuromuscular/Trigger Point Therapy and Polarity.

Susan Shively graduated from the Dayton School of Medical Massage and is a licensed therapist by the State of Ohio Medical Board. She has earned additional certifications in reflexology, polarity therapy and Lypossage.

Contact the Greenville Facility at 548-3777 to set an appointment.

Reflexology	Member: \$15	Other: \$25
30-minute Massage	Member: \$25	Other: \$35
45-minute Massage	Member: \$35	Other: \$45
60-minute Massage	Member: \$45	Other: \$55
90-minute Massage	Member: \$60	Other: \$75

NUTRITIONAL COACHING

The relationship between good health and nutrition is unquestionable. However, there is no "diet" or meal plan that is right for everyone. Each person is metabolically different. By meeting with our Nutritional Coach you will be able to design a structured meal plan that fits your specific needs and goals. Contact the Greenville Facility at 548-3777 to schedule your appointment!

Initial Visit	Member: \$15	Other: \$25
Follow-Up Visits	Member: \$8	Other: \$15

Nutritional Coach: Suzie Shively



HEALTHY HEART CENTER

The YMCA offers heart healthy exercise opportunities for those who have a need for controlled exercises that focus on continuing cardiac rehabilitation. This program is available on a monthly basis.

Monthly Fees:	Member: \$35	Other: \$50
Greenville	Mon/Wed/Fri	7:00-8:00 am
Greenville	Mon/Wed/Fri	8:00-9:00 am

PERSONAL FITNESS ASSESSMENTS

Your personal fitness assessment provides you with information on your health and fitness level by measuring your height, weight, resting heart rate, blood pressure, body composition, cardio-respiratory fitness, muscular grip strength and flexibility. This assessment will allow you to evaluate where you are physically, where you want to be and what changes may need to be made to help you achieve your health and fitness goals. At the conclusion of each assessment, you will receive a computer printout explaining each test and your results. Fitness assessments are also offered for teens.

Fees: Member: \$15 Other: \$32

BODY COMPOSITION ANALYSIS

A Body Composition Analysis can help you determine more realistically what your weight range should be based on your percentage of body fat and lean mass. Body fat is an essential component of healthy weight loss, gain and maintenance. If you are considering adjusting your weight based on the scale, consider scheduling a Body Composition Analysis FIRST, and we will help you get a healthy start. Body Composition Analysis is included in a Personal Fitness Assessment.

Fees: Member: \$5 Other: \$15

ORIENTATIONS

Free orientations or assistance is available for the Free Weight Room and the Cardio-Strength Center at both Greenville and Versailles. It is strongly recommended that each member have an orientation before using fitness equipment. Contact Melissa Heidrich at 548-3777 or Lynn Blakeley at 526-4488 to schedule an appointment.

PERSONAL TRAINING

Whether you're new to exercise or someone who wants to take his/her fitness to the next level, the YMCA of Darke County Personal Training Program will get you the results you are looking for! Once enrolled, you will be working with a personal trainer one-on-one. After reviewing your goals, the trainer will then develop a customized exercise program to meet your specific needs. During each scheduled training session, your trainer will guide you through each exercise offering feedback, motivation and accountability.

For those of you who don't like to work out alone, enroll with one or two friends for tandem training. Train, motivate and support each other on the way to reaching your fitness goals.

Our Personal Trainer, Warren Richards, earned a Bachelor's of Science Degree in Exercise Physiology from Ohio University. Personal Training is available by appointment only. Contact the Greenville Facility at 548-3777 to set an appointment.

Personal Training Fees:	Member:	Other:
One-on-One Training	\$30	\$60
Tandem Training	\$20/person	\$40/person
5-Pack	\$120	\$240

YHEALTH & FITNESS™

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Indoor Cycling



INDOOR GROUP CYCLING

Awesome cardiovascular workout for every fitness level - beginner to advanced. Classes are conducted on specially designed indoor stationary bikes. The workout can be as intense as you like! With instructors who motivate with music and lots of energy, you will attain your fitness goals. Both seated and standing techniques are performed. **Bring water and a towel.** Heart rate monitors are encouraged but not required. For first-time riders, arrive a few minutes early for instruction on bike set-up and settings. **Indoor Cycling is available Monday through Saturday at the Greenville Facility.**

Spring Program Session			Summer Program Sessions		
Fees:	Member: \$16*	Other: \$40	Fees:	Member: \$11*	Other: \$26
*Sign up for 2 or more classes and pay only \$14 per class			*Sign up for 2 or more classes and pay only \$9 per class		
Drop In Fees:	Member: \$3	Other: \$8	Drop In Fees:	Member: \$3	Other: \$8
Day:	Time:	Instructor:	Day:	Time:	Instructor:
Monday	6:00-6:45 am	Justin Marshall	Monday	6:00-6:45 am	Justin Marshall
Monday	9:00-9:45 am	Peggy Menning	Monday	9:00-9:45 am	P. Menning/D. Unger
Monday	5:45-6:30 pm	Suzie Shively	Monday	5:45-6:30 pm	Suzie Shively
Tuesday	6:00-6:45 am	Justin Marshall	Tuesday	6:00-6:45 am	Justin Marshall
Tuesday	8:45-9:30 am	Diana Unger	Tuesday	9:00-9:45 am	P. Menning/D. Unger
Tuesday	6:00-6:45 pm	Kati Anderson	Wednesday	6:00-6:45 am	Justin Marshall
Wednesday	6:00-6:45 am	Justin Marshall	Wednesday	5:45-6:30 pm	Suzie Shively
Wednesday	9:00-9:45 am	Peggy Menning	Thursday	6:00-6:45 am	Justin Marshall
Wednesday	5:45-6:30 pm	Suzie Shively	Thursday	9:00-9:45 am	P. Menning/D. Unger
Thursday	6:00-6:45 am	Justin Marshall	Friday	6:00-6:45 am	Justin Marshall
Thursday	8:45-9:30 am	Diana Unger			
Friday	6:00-6:45 am	Justin Marshall			
Friday	9:00-9:45 am	Peggy Menning			
Saturday	10:00-10:45 am	Kati Anderson			

INTRO TO CYCLING

Have you always wanted to try indoor cycling? If so, then try this class! Pedal away to motivating music all while burning calories and building strength and endurance. The class is designed for the beginner cyclist or anyone in need of a good 30 minute cardio workout! Bring water and a towel.

Spring Program Fees: Member: \$15 Other: \$34

Summer Program Fees: Member: \$11 Other: \$26

Greenville Tuesday 10:30-11:00 am

Instructor: Suzie Shively

90-MINUTE RIDE

Coming this summer . . . 90-minute endurance rides! Simulates an outdoor ride. Please register at least one week in advance.

Fees:	Member: \$5	Other: \$5
Greenville	Fri., June 4	9:00-10:30 am
Greenville	Fri., June 18	9:00-10:30 am
Greenville	Fri., July 2	9:00-10:30 am
Greenville	Fri., July 16	9:00-10:30 am
Greenville	Fri., July 30	9:00-10:30 am
Greenville	Fri., Aug. 6	9:00-10:30 am
Greenville	Fri., Aug. 20	9:00-10:30 am

Instructor: Diana Unger

YHEALTH & FITNESS™

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ZUMBA LITE

Zumba is a fusion of Latin dance themes creating an exciting, effective fitness program! Zumba lite is specifically designed for the beginner or active older adults. It is all the fun of Zumba with "easy on the body" moves.

Spring Program Session Only

Fees:	Member: \$9	Other: \$20
Versailles	Tuesday	8:00-8:45 am

ZUMBA

Zumba is a fusion of Latin dance themes creating an exciting, effective fitness program! Routines feature aerobic/fitness training with fast and slow rhythms that tone and sculpt the body. It is fun and easy to do!

Spring Program Fees: Member: \$25 Other: \$52

Summer Program Fees: Member: \$18 Other: \$38

Greenville Mon/Wed 4:30-5:30 pm

Versailles Tue/Thu 7:00-8:00 pm

Spring Program Fees: Member: \$18 Other: \$38

Summer Program Fees: Member: \$13 Other: \$28

Greenville Tue/Thu 8:15-9:00 am

Spring Program Fees: Member: \$12 Other: \$26

Versailles Thursday 5:30-6:30 pm

LOW IMPACT AEROBICS

Looking for a total body aerobics class without all the pounding and complex moves of a step or kickboxing class? Do you wish there was a low impact, low intensity class to take? Well, look no further! This class is perfect for anyone! Each class will include cardio and toning exercises.

Spring Program Fees: Member: FREE Other: \$38

Summer Program Fees: Member: FREE Other: \$28

Greenville Tue/Thu 9:00-9:45 am



BOOT CAMP

This class combines total body toning, strength training and cardio. You will use steps, balls, bands, bars and weights. Get ready...it's Fast and Fun!

Spring Program Fees: Member: \$37 Other: \$76

Greenville Mon/Wed/Fri 9:00-10:00 am

Spring Program Fees: Member: \$25 Other: \$52

Summer Program Fees: Member: \$18 Other: \$38

Greenville Tue/Thu 7:00-8:00 pm

INTRO TO BOOTCAMP

Have you gotten out of the workout routine, or you never have had one? Start here with lots of variety: cardio, strength training, flexibility and toning. This class will get you up and moving!

Spring Program Fees: Member: \$9 Other: \$20

Summer Program Fees: Member: \$7 Other: \$16

Greenville Wednesday 7:15-8:00 pm

STEP N' MORE

Step your way into fall with this energizing class that will incorporate step, kickboxing and traditional floor aerobics! Toning will be included as part of the workout.

Spring Program Fees: Member: \$25 Other: \$52

Summer Program Fees: Member: \$18 Other: \$38

Greenville Tue/Thu 6:00-7:00 pm

RESIST-A-BALL TOTAL BODY WORKOUT

Want to add some fun to your workouts? Looking to improve your strength, flexibility and cardiovascular fitness? Cardio for your heart and toning for your muscles!

Spring Program Session

Fees: Member: \$25 Other: \$52

Versailles Mon/Thu 8:00-9:00 am

Summer Program Sessions

Fees: Member: \$18 Other: \$38

Versailles Mon/Wed 9:15-10:15 am

Versailles Tue/Thu 5:00-6:00 pm

Fees: Member: \$9 Other: \$20

Versailles Friday 9:15-10:15 am

TOTAL FITNESS

This class will energize you into a higher level of fitness with intense step aerobics, toning exercises and more!

Spring Program Fees: Member: \$25 Other: \$52

Versailles Mon/Wed 6:30-7:30 pm

Summer Program Fees: Member: \$26 Other: \$54

Versailles Mon/Wed/Fri 8:00-9:00 am

"ABS"-OLUTELY

Work those abs in a quick burst before or after another fitness class! This hard-core class targets the mid-section only (abs and internal/external obliques). Instructor is always open to questions and suggestions.

Spring Program Session Only

Fees: Member: FREE Other: \$15

Greenville Tue/Thu 8:30-8:40 am

YHEALTH & FITNESS™

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TOTAL TONING

This class will concentrate on sculpting the whole body. Instructors are very flexible and willing to structure class according to participants' needs.

Spring Program Session

Fees:	Member: \$18	Other: \$38
Greenville	Tue/Thu	7:00-7:45 am
Greenville	Tue/Thu	7:00-7:45 pm

Summer Program Sessions:

Fees:	Member: \$13	Other: \$28
Greenville	Tue/Thu	7:00-7:45 am
Greenville	Mon/Wed	7:00-7:45 pm

ADVANCED TOTAL TONING



This class will concentrate on all of your major muscle groups. Each class will work on arms, legs, abs and even those hard to tone inner thighs! If you want to sculpt your body, this is the workout you've been looking for.

Spring Program Fees:	Member: \$18	Other: \$38
Summer Program Fees:	Member: \$13	Other: \$28
Greenville	Tue/Thu	5:00-5:45 pm

ULTIMATE FITNESS KICKBOXING

Get ready to box, kick and jump into greater fitness. You will increase your strength, speed, agility and stamina making this a great cross training class! This class is designed for those at an advanced fitness level. *Hand wraps are required!

Spring Program Fees:	Member: \$9	Other: \$20
Summer Program Fees:	Member: \$7	Other: \$16
Greenville	Wednesday	6:30-7:15 pm

WEIGHTS AND WALKING—NEW!

Everyone knows the benefits of walking and weight training. This class will offer both for all fitness levels. We will meet in the Wellness Center, grab our weights and head to the track. After a 30-minute workout we will come back to the Wellness Center to focus on strengthening our core for the last fifteen minutes.



Spring Program Session Only

Fees:	Member: \$28	Other: \$58
Greenville	Mon/Wed/Fri	10:15-11:00 am

YOGA AT THE Y

Bring flexibility into your life with Yoga. Each class will include postures that will relieve stress and tension as well as build strength and stamina. This class will help to calm and quiet your mind. This is a great class for someone at any level!

Spring Program Fees:	Member: \$18	Other: \$38
Summer Program Fees:	Member: \$13	Other: \$28
Greenville	Monday	6:30-8:00 pm
Greenville	Saturday	8:00-9:30 am
Spring Program Fees:	Member: \$12	Other: \$26
Versailles	Friday	4:30-5:30 pm
Summer Program Fees:	Member: \$9	Other: \$20
Versailles	Monday	4:30-5:30 pm

YOGALATES

Yoga is a holistic system of mind-body fitness designed to calm and center the mind while building strength and flexibility within the body. Pilates teaches the muscles of the body to work together to improve posture, balance and flexibility. This class will combine these disciplines to strengthen, stretch and tone the entire body; offering you the best of both worlds in ONE class! Classes will include breathing, Pilates mat work, yoga postures and deep relaxation. Yogalates will be taught multi-level with options for beginners as well as advanced participants!

Spring Program Fees:	Member: \$18	Other: \$38
Greenville	Mon/Wed	10:00-10:45 am
Summer Program Fees:	Member: \$26	Other: \$54
Greenville	Mon/Wed/Fri	9:15-10:15 am

PILATES

Pilates is a movement system that is strenuous and safe enabling you to stretch and strengthen all the major muscle groups to develop slenderness and create a streamlined shape. Anyone at any level of fitness can do Pilates.

Spring Program Session Only

Fees:	Member: \$12	Other: \$26
Greenville	Tue/Thu	7:00-7:30 pm

CHISEL

This is a maintenance program for participants in the Versailles Inch by Inch Weight Loss Challenge.

Spring Program Fees:	Member: \$25	Other: \$52
Summer Program Fees:	Member: \$18	Other: \$38
Versailles	Mon/Wed	5:30-6:30 pm
Spring Program Fees:	Member: \$12	Other: \$26
Versailles	Saturday	9:00-10:00 am

YOLDER ADULTS™

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SilverSneakers TRADITIONAL PROGRAM

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. **This class is FREE for SilverSneakers Members!**

Fees:	Member: \$18	Other: \$38
Greenville	Tue/Thu	11:00-11:45 am
Instructor: Karyl Woolery		
Versailles	Tue/Fri	12:45-1:30 pm
Instructor: Karyl Woolery		

SilverSneakers CARDIO CIRCUIT - NEW!

Cardio Circuit is an advanced class for participants who desire and are ready for a SilverSneakers "cardio" workout. This class includes more standing non-impact activities designed to increase cardiovascular and muscular endurance alternated with standing upper body conditioning and coordination work with hand-held weights, elastic tubing with handles and the SilverSneakers ball. Chair exercises will be included for cool-down, additional flexibility and relaxation techniques. **This class is FREE for SilverSneakers Members!**

Fees:	Member: \$18	Other: \$38
Greenville	Mon/Thu	12:00-12:45 pm
Instructor: Karyl Woolery		

SilverSneakers YOGASTRETCH

YogaStretch will teach a blend of three Yoga styles to create a harmony of movement for the whole body. YogaStretch is taught from a seated and standing position to enhance the flow and energy created in combination with restorative breathing exercises. This class offers a variety of safe and effective options designed to increase flexibility and balance! **This class is FREE for SilverSneakers Members!**

Fees:	Member: \$18	Other: \$38
Greenville	Mon/Fri	11:00-11:45 am
Instructor: Karyl Woolery		

SilverSneakers SILVERSPLASH

SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. Water equipment will be used to develop strength, balance and coordination. **This class is FREE for SilverSneakers Members!**

Fees:	Member: \$17	Other: \$44
Greenville	Tue/Thu	12:30-1:15 pm
Instructor: Ruth Macklin		
Versailles	Tue/Thu	8:00-8:45 am
Instructor: Jeannine Davidson		

LETS GET MOVING - NEW!

Are you new to the YMCA and just need to get moving? This class will develop and/or increase flexibility, range of motion, balance and stability, reduce falls and make daily activities easier. Majority of this class will be done in a chair.

Spring Program Fees:	Member: \$18	Other: \$38
Summer Program Fees:	Member: \$13	Other: \$28
Greenville	Tue/Thu	2:00-2:45 pm
Instructor: Ruth Macklin		

ZUMBA LITE - NEW!

Zumba is a fusion of Latin dance themes creating an exciting, effective fitness program! Zumba Lite is specifically designed for the beginner or active older adults. It is all the fun of Zumba with "easy on the body" moves.

Spring Program Session Only

Fees:	Member: \$9	Other: \$20
Versailles	Tuesday	8:00-8:45 am
Instructor: Sharon Kramer		

Reminder SilverSneakers Monthly Luncheon:
We have a carry-in lunch with blood pressure and sugar screenings as well as a guest speaker the 2nd Thursday of each month! Be sure to bring your recipes to share.