

# 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.

<b>Monthly Fees:</b>	<b>Member: \$35</b>	<b>Other: \$50</b>
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.

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