

YGYMNASTICS™

We build strong kids, strong families, strong communities.

YHEALTH & WELL-BEING™

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Dance

BEGINNER BALLET (Ages 2-5 yrs.)

Students will learn beginning ballet basics, foot and body positions as well as stretches. They will enjoy singing and dancing to fun music. Ballet shoes and leotard recommended.

Fees: **Member: \$14** **Other: \$34**
 Greenville Thursday 5:30-6:00 pm
 Instructor: Carrie Stiefel

CREATIVE BALLET (Ages 6 yrs. & up)

This class is a beginning ballet class with emphasis on movements that enable the students to learn the basics of ballet. We will incorporate music with movement using rhythm and large motor skills.

Fees: **Member: \$18** **Other: \$38**
 Greenville Thursday 6:00-6:45 pm
 Instructor: Carrie Stiefel

Coming in January

ADULT BALLET

Details will be available soon!

MASSAGE THERAPY

Let your stress and tension melt away with therapeutic massage. Massage Therapy is one of the most ancient forms of the healing arts. Massage provides many physiological benefits while promoting an overall sense of relaxation and well-being. Massage releases chronic tension and pain in muscles. It is beneficial in the treatment of stress and anxiety. A massage usually begins with light steady touch, followed by gentle stroking of the muscle tissues. Your therapist may work more deeply in areas that require special attention.

Massage services are available at the Greenville Facility. 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, 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 schedule your 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

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. Contact the Greenville Facility at 548-3777 to schedule your appointment with our personal trainer, Stephanie Gruenberg.

Personal Training Fees:	Member:	Other:
One-on-One Training	\$30 per hour	\$60 per hour
Tandem Training	\$15 per person per hour	\$30 per person per hour

YHEALTH & WELL-BEING™

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NUTRITIONAL COACHING—NEW!

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: Suzi Shively