

YHEALTH & FITNESS™

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

STRENGTH TRAINING (Ages 13 and up)

This class is for anyone who is interested in learning how to begin their strength training program. Learn the proper techniques and repetitions needed for health, endurance and sports.

Fees:	Member: \$22	Other: \$48
Greenville	Tue/Thu	4:45-5:45 pm
Instructor: Stephen Gruenberg		

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. Enjoy the flexibility of only signing up for the days and times that work for you! **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.**



Fees:	Member: \$16*	Other: \$40
Drop In Fees:	Member: \$3	Other: \$8
Day:	Time:	Instructor:
Monday	6:00-6:45 am	Justin Marshall
Monday	9:00-9:45 am	Peggy Menning
Monday	5:45-6:30 pm	Suzie Shively
Tuesday	6:00-6:45 am	Justin Marshall
Tuesday	8:45-9:30 am	Diana Unger
Wednesday	6:00-6:45 am	Justin Marshall
Wednesday	9:00-9:45 am	Peggy Menning
Wednesday	5:45-6:30 pm	Suzie Shively
Thursday	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

***YMCA Members: Sign up for 2 or more Indoor Cycling Classes and each class will only be \$14.00!!!**

FAMILY CYCLING - NEW!

Bring the family and have fun while getting your heart rate up on stationary bikes. Enjoy the ride along with some GREAT music! Children must be tall enough to be safely and properly fitted to the bike.

Fees:	Member: \$18	Other: \$42
Greenville	Tue/Thu	6:30-7:00 pm
Instructor: Kati Anderson		