



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**MOTIVATE.  
EMPOWER.  
SUCCEED!**

**YMCA Healthy Living**

Questions?

Give us a call at  
509.662.2109

Wenatchee Valley YMCA

217 Orondo Ave

Wenatchee, WA 98801

509-662-2109 / [wenymca.org](http://wenymca.org)

# HEALTH AND WELLNESS

## FITNESS CENTER

We have a well-rounded facility that offers you a variety of work stations. Our cardio area contains over 40 pieces of equipment including treadmills, ellipticals, row machines, stair mills, and more. Our functional training room has a diverse collection of equipment to help you engage your core and increase coordination, agility, and balance. Some of the highlights from our free weight room include four squat racks, one smith machine, an assisted pull up machine, and dumbbells ranging from 1 to 100 pounds. To finish your workout on a good note, we have an entire room dedicated to stretching and foam rolling. Youth aged 11-15 may use the Fitness Center if they are under the direct and constant supervision of an adult family member over the age of 18. Uplift graduates may participate without adult supervision.

**Free with Y Membership**

## COACH CONNECTION

A Coach Connection appointment is designed to connect members with our Wellness Coaches and our Fitness Center. Wear your tennis shoes and come ready to work out! The coach will help you set attainable goals then guide you to a path that will help you crush these goals. We are here to help you navigate the fitness equipment so you are comfortable in our facility and ready to go. Sign up for a Coach Connection appointment today by [clicking here](#), emailing our coaches at [fitnesscenter@wenymca.org](mailto:fitnesscenter@wenymca.org), or giving us a call at 509.662.2109.

**Free with Y Membership**

## FITNESS TRAINING

### PERSONAL FITNESS CONSULTATION

As a Y member, you are entitled to a complimentary Personal Fitness Consultation with one of our nationally certified personal trainers. Whether you're just beginning to exercise or looking to take your fitness to the next level, our personal trainers can help you get there! **One Free Consultation with Y Membership**

### PERSONAL TRAINING

Are you seeking strength & power? Need help with goal setting? Want health tips or positive motivation and encouragement? Our nationally certified personal trainers are here to help you! They will design a fitness program for your needs and your body type. Personal training is an opportunity to experience the satisfaction of setting and reaching realistic goals while achieving health objectives. If you are interested in Personal Training give us a call at 509.662.2109.

**Y Members | 1 Hour - \$58 | 8 Hours - \$345**

### GROUP & BUDDY TRAINING

Group Training is tailored for 3-6 members and will be led by a nationally certified personal trainer. Together we set and reach goals with the added benefit of accountability and friendly competition! Buddy Training is for 2 members that want custom workouts delivered by an inspiring trainer and the benefit of accountability and progression! If you are interested in Group or Buddy Training, give us a call at 509.662.2109.

**Y Members | Group Training – 12 Hours - \$185 per person | Buddy Training – 12 Hours - \$275 per person**

## BODY COMPOSITION ASSESSMENT

Ever wonder what your body fat percentage is? Sign up for a Body Composition Assessment today to find out! Our staff use skinfold calipers to measure skin thickness from various areas. These measurements are then used to calculate your body fat percentage. To schedule your assessment today email us at [fitnesscenter@wenymca.org](mailto:fitnesscenter@wenymca.org) or give us a call at 509.662.2109.

**Free with Y Membership | Community \$25**

## **TRAINING WITH COACH**

Whether you are getting ready for Sports, Outdoor play activities or looking for a new challenge in the gym, this is the program for you! You can register online or in person at Membership Services. Pricing depends on session, contact us for more information. You can sign up for a year of Training and receive a 15% discount! Registration is NOW open!

**Monday, Wednesday, and Friday**

**5:30-6:30 am OR 9:00-10:00 am – Choose the time that works for you!**

### **Next Sessions**

Cross Training: January 8 – February 9

Lift Heavy Things: February 19 – March 15

## **W.O.W. – WOMEN ON WEIGHTS**

W.O.W. was created for women! Learn proper lifting techniques, principles of training, build knowledge and improve your confidence. A program for women of any age and training experience, led by a female Certified Personal Trainer.

**Next Session: Spring 2024 | Registration Opens January 2024**

**Household Members \$115 | Y Members \$130 | Community \$160**

## **HIKE PREP TRAINING – PREPARE FOR ADVENTURE!**

A specialty small group training led by a certified personal trainer to prepare you for exploring our area trails. It will cover strength and cardiovascular endurance specific to hiking trails, equipment suggestions, a permit list, and a list of trails with varying levels of difficulty. 12 sessions AND a group hike at the end!

**Next Session: Spring 2024 | Registration Opens January 2024**

**Household Members \$115 | Y Members \$130 | Community \$160**

## **CANCER SURVIVORSHIP REHABILITATION PROGRAM**

A 12-week program of exercise and education designed to improve the quality of life for cancer survivors. This program is a collaboration of the YMCA, Confluence Health, the EASE Cancer Foundation, and CWU. For more information on this program, please contact Jill LaRue at [jill@easecancer.org](mailto:jill@easecancer.org).

**Y Members \$55 | Community \$155**

## **MATTER OF BALANCE**

Reduce the Fear of Falling! Falls are a serious concern. In collaboration with A Matter of Balance, the award-winning fall prevention program for senior adults, we're offering an eight-session course for seniors whose fear of falling limits their social and physical activity. Participants will be taught safe and simple exercises to promote strength, flexibility, and balance, problem-solving strategies to address habits and behaviors, lifestyle changes to promote safety, ways to create a safer home environment, and more! Each of the eight sessions is two hours. Class size is limited to 12 participants.

Registration is required. Please contact Erin Cass at [sailwithmeec@gmail.com](mailto:sailwithmeec@gmail.com) to register. **Free for Y Members and**

**Community Members. Next Session: TBD**

## **ULTIMATE UPLIFT**

Designed for youth members aged 11-15 who want to participate without adult supervision. This one-hour trainer led session will guide students through goal setting and the basics of living a healthy, active lifestyle. They will learn how to use both cardio and functional equipment. The trainer will review proper form in the weight and circuit rooms as well as expected behavior and etiquette in the fitness center. Upon completion, participants gain adult privileges at the Y.

Register today online or at Membership Services. **Sessions are held every third Monday of the month at 5:30 pm or by appointment. Financial Assistance is Available Y | Members \$55**

## **GROUP EXERCISE**

All Group Exercise classes are included with your membership. We offer a variety of classes open to all ability levels including Be Fit, Cardio Strength, Circuit Training, Cycle Strength, Cycling, Fit for ALL, Fit Plus, Gentle Yoga, Power Toning, Power Yoga, Strong, Yoga, and Zumba. Group Exercise offerings are updated seasonally. Youth aged 11-15 may participate if they are under the direct and constant supervision of an adult family member over the age of 18. Uplift Graduates may participate without supervision. View our current Group Exercise Schedule by clicking [here](#) or pick up a hard copy at Membership Services. **Free with Y Membership**

## **ADULT AQUATICS**

View our current pool schedule by clicking [here](#), stopping by the pool, stopping by Membership Services. A full list of our member expectations and pool rules can be found at [www.wenymca.org](http://www.wenymca.org). Please direct any questions or concerns to the Aquatics Coordinator, Cara Smith at [cara@wenymca.org](mailto:cara@wenymca.org), for more information.

## **WATER FITNESS**

Jump right into our Water Fitness classes and build cardiovascular fitness and strength. Just like swimming, water fitness is easy on joints, yet challenging enough to help reach new levels of fitness. The low-impact format of water fitness is suitable for every age and fitness level, from beginning exercisers through elite athletes. **Free with Y Membership**

## **ADULT LAP SWIM**

Four lanes will be available for 30 minutes of lap swimming. If there are more than four swimmers, members may need to share lanes. **Free with Y Membership**

## **ADULT OPEN & SWIM LESSONS**

Lifeguards will assist in the arrangement of the pool based on the exercise needs of those who are present. Private and/or Group Swim Lessons may be occurring during all or part of this scheduled time frame and take priority of the space needed in the pool. **Adult Open Swim Free with Y Membership.** For more information about **swim lessons** please click [here](#) or give us a call.

## **ADULT SPORTS AND RECREATION**

### **GYM ACTIVITIES**

The current gym activity schedule is available [here](#), at Membership Services, and is posted outside the basketball gym. If the gym is not being used for its scheduled purpose, others may use the gym, but must leave if members arrive to use the gym for its scheduled purpose. If the gym is not scheduled and there is demand for multiple activities, majority usually rules. The values of caring, honesty, respect, and responsibility should be reflected in all interactions.

**Free with Y Membership**

#### **ADULT BASKETBALL**

Monday – Friday | 11:30am – 1:30pm | 18+ years

#### **PICKLEBALL**

Thursdays | 10:30-11:30am

#### **BASKETBALL**

Mondays & Wednesdays | 6:45-9:45pm  
Fridays | 6:45-8:45pm

#### **VOLLEYBALL**

Tuesdays 7:30-9:45pm | Thursdays 6:45-9:45pm

## **RACQUETBALL**

The Y has three regulation racquetball courts that may be reserved for one hour sessions. Reservations can be made in-person or by phone with Membership Services up to three days in advance. Only one reservation may be made at a time and must be played or expired before an additional reservation can be made. Children under the age of 16 must be with an adult family member over the age of 18. Uplift graduates may use the courts without adult supervision.

**Court Use Free with Y Membership | Equipment available for rent at Membership Services**