

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Fitness Services

Welcome to the A.C. Lewis Branch YMCA. Listed below are the services we offer to you as you begin your fitness program. These services are designed to maximize your fitness potential, gain an understanding of basic fitness principles and reach your fitness goals. These services are free for all members of the Capital Area YMCA except for the Personal Training Program. It is recommended that you perform your Fitness Assessment and Equipment Orientation at the branch you will be using most frequently.

THREE STEPS TO FITNESS

1. New Member Orientation

This is the first step in your fitness training process. This class is recommended for anyone using the fitness center. Content will include information about the YMCA, facilities, programs, benefits of your exercise program, and ACSM guidelines for cardiovascular, strength, and flexibility training. Register for this class at the Front Desk.

2. Fitness Assessment/FitLinxx Set-up and Equipment Orientation

Your assessment will include a review of your medical history, goal setting, height/weight, resting heart rate, body composition, cardiovascular fitness, flexibility, and abdominal endurance. The results from your test will be compared to the National YMCA Fitness norms for your age and sex. Your trainer will then consult with you about your fitness program and write a personal exercise program. Your Fitlinxx set-up and equipment orientation will follow your assessment. Sign up for a fitness assessment at the New Member Orientation or see the Fitness Director for scheduling.

3. Personal Training Session

Now you are ready for your first “real” workout. You will be scheduled to meet with your trainer to complete an entire workout session.

FITNESS TESTING DAYS

• BODY COMPOSITION

This is an evaluation of body fat percentages by Bioelectric Impedance Analysis (BIA). The bioelectric impedance analysis is a procedure used to detect the amount of body fat, lean muscle mass and water within the body. To ensure an accurate test drink six to eight glasses of water within twelve hours, fast for four hours before, and do not exercise prior to your test. We recommend re-testing your body fat every 3 to 6 months. Body fat testing is offered during the first week of the month. Look for days and times to be posted in the fitness center. No appointment is necessary.

• GROUP FITNESS TESTING

We recommend re-assessing your fitness level every 6 months. We offer several testing days during the year to allow you to keep up with your progress. Testing will include; Height/Weight, Body Composition, Flexibility, Upper Body Strength, Abdominal Endurance, and Cardiovascular Endurance. The results from your test will be compared to the National YMCA Fitness norms for your age and sex. Look for days and times to be posted in the fitness center.

PERSONAL TRAINING PROGRAM

Personal training is a one-on-one approach to training providing expert fitness advice and supervised workouts. If you have gone through our “Three Steps to Fitness” and feel you still need more from our staff a personal trainer may be what you are looking for. Your sessions are scheduled when it is convenient for you. Registration is required.

• One-on-one:

Level 1: 1 hour -- \$40 10 hours -- \$350

Level 2: 1 hour -- \$60 10 hours -- \$550

• Groups: (2-4 members)

Level 1: 1 hour -- \$50 10 hours -- \$450

Level 2: 1 hour -- \$75 10 hours -- \$700