

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## **Fitness Orientations**

Your membership includes an orientation with one of our certified personal trainers.

The orientations are designed to serve many different fitness levels. Orientations are scheduled at our member service desk.

### Personal Fitness Program (PFP) –

Designed for the beginning exercise participant. A 12 week step by step program developed by the YMCA. PFP offers guidance to help the beginning exerciser become accustomed to a structured workout program. \*May utilize the fitlinxx system.

### Fitlinxx Orientation –

A computerized workout plan that is less structured than the PFP plan. Fitlinxx focuses on tracking workout progression, range of motion, and equipment settings through a personal account ID number. Fitlinxx does away with the cumbersome "workout card".

### Freestyle/Floor –

The most liberal of the 3 orientations, members may meet with a trainer and ask a variety of questions on new workout plans, techniques, or specific goals. A more flowing and interactive workout may occur directly on the fitness floor.

### Personal Training –

A more detailed and (one-on-one) interpersonal approach to obtaining fitness goals using direct personal training to meet your individual needs. Additional fees apply.