



REACH YOUR GOALS

Wellness Center & Specialty Fitness Programs

GROUP WELLNESS CENTER ORIENTATIONS

These orientations will introduce participants to cardiovascular equipment and resistance machines.

FREE for YMCA Members. Pre-registration is required. Max: 6 participants

BELLINGHAM			
MATRIX		LIFEFITNESS	
Sept.. 7 Oct. 5	Nov. 2 Dec. 7	Sept. 14 Oct. 12	Nov. 9 Dec. 14
Fridays		Fridays	
11:00am		11:00am	
Members can call to make an appointment for Wellness Center orientations in Ferndale (360-380-4911) or Lynden (360-354-5000).			

TEEN STRENGTH TRAINING

Two one-on-one personal training sessions just for teens. Sessions include basic anatomy, equipment instruction and basic program design. Successful completion of these sessions allows participants use of the Wellness Center without adult supervision.

BELLINGHAM, FERNDALE & LYNDEN

AGES: 12-14 years
DATES: By appointment with trainer
FEES: \$48 YMCA Members \$53 Program Members

BASIC STRENGTH TRAINING INSTRUCTION

YMCA Members can meet with a Wellness Center instructor to get familiar with the Wellness Center and learn a basic strength-training program.

BELLINGHAM, FERNDALE & LYNDEN

DATES: By appointment
FEES: \$18 For YMCA Members only

PERSONAL TRAINING

Meet individually with one of our nationally certified personal trainers who will develop a safe, effective workout for you. Ideal for someone just beginning to exercise or for a regular fitness participant looking for variety. Each session is one hour.

BELLINGHAM, FERNDALE & LYNDEN

DAYS: Arrange with personal trainer
FEES: YMCA Members 2 sessions \$66
 4 sessions \$119
 8 sessions \$227

WHATCOM FAMILY YMCA

www.whatcomymca.org

Bellingham Program Center 1256 N. State St 360-733-8630
 Ferndale Program Center 5610 Barrett Rd 360-380-4911
 Lynden Program Center 100 Drayton St, Lynden 360-354-5000

BELLINGHAM SPECIALTY FITNESS CLASSES

HIIT IT FOR LUNCH

Our 30-minute High Intensity Interval Training class will combine intense body weight moves and dumbbell exercises followed by short, active rest periods.

DATES: Sept. 4 - 27 / Oct. 2 - 30 / Nov. 1 - 29
DAYS: Tuesday & Thursday
TIMES: 12:15-12:45pm
FEES: \$34 YMCA Members \$45 Program Members

MOUNTAIN FITNESS

This class promotes mountain specific fitness for skiers and snowboarders.

DATES: Oct. 2 - Nov. 1 / Nov. 6 - Dec. 11 (no class Nov. 22)
DAYS: Tuesday & Thursday
TIMES: 6:35-7:35pm
FEES: \$34 YMCA Members \$45 Program Members

PRIMORDIAL QIGONG

This two-week intensive class is slow moving and suitable for anyone looking for greater aliveness and deeper understanding of the healing energy of Qigong. **Pre-registration required.**

DATES: September 10 - 21
DAYS: Monday - Friday
TIMES: 1:30-2:30pm
FEES: FREE YMCA Members Day Pass or Non-Members

TAI CHI FOR HEALTH

Studies have shown that Tai Chi is effective for improving balance and for preventing falls. Many other health benefits include increased immune response, improved cognition, muscle strength, flexibility, cardiovascular endurance, increased happiness and better sleep. **Pre-registration Required.**

Section 1: Learn the 6 basic movements of this practice.

Section 2: Continue with six additional movements for added benefits.

DATES: # 1: Oct. 1-Nov. 8 / # 2: Nov. 12-Dec. 20 (no 11/22)
DAYS: Monday & Thursday
TIMES: 12:10-1:10pm
FEES: \$20/sect. YMCA Members \$30/sect. Program Members

TAI CHI DEEPENING PRACTICE

A continuation of the Tai Chi for Health class for those interested in developing their practice. Must have previous Tai Chi experience to participate in this practice.

DATES: Oct. 4 - Dec. 20 (no class Nov. 22)
DAY: Thursdays
TIMES: 4:00-5:15pm
FEES: FREE for YMCA Members Day Pass for Non-Members