



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	
January 4 February 1	March 1 April 5	January 11 February 8	March 8
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, FERNDAL & LYNDEN

AGES: 12-14 years

DATES: By appointment with trainer

FEES: \$50 YMCA Members \$55 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, FERNDAL & LYNDEN

DATES: By appointment

FEES: \$20 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, FERNDAL & LYNDEN

DAYS: Arrange with personal trainer

FEES: YMCA Members	2 sessions	\$70
	4 sessions	\$126
	8 sessions	\$238

WHATCOM FAMILY YMCA

Bellingham Program Center
1256 N. State St
360-733-8630

Ferndale Program Center
5610 Barrett Rd
360-380-4911

www.whatcomymca.org

Lynden Program Center
100 Drayton St, Lynden
360-354-5000

BELLINGHAM SPECIALTY FITNESS CLASSES

FOUNDATION OF YOGA

This 4-week series puts philosophy into practice as we set our intentions for 2019.

We will be discussing the foundation of the practice that introduces us into the what, how and why of yoga.

The class is great for all skill levels, for the advanced yogi's wanting to deepen their practice and for beginners who want to see what yoga is all about. Please bring your own yoga mat.

DATES: January 13 - February 3

DAYS: Sunday

TIMES: 3:30-4:45pm

FEES: \$32 YMCA Members

\$42 Program 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, better balance, 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.

Section 3: These last nine movements will add a challenge and improve your Tai Chi skills.

In Sections One and Two you will learn the original Tai Chi for Arthritis form created by Dr. Paul Lam from traditional Sun Style Tai Chi.

DATES: January 7 - February 14

February 18 - March 28

April 8 - May 16

DAYS: Monday & Thursday

TIMES: 12:10-1:10pm

FEES: \$24/section YMCA Members

\$34/section 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: January 3 - May 16

DAY: Thursdays

TIMES: 4:00-5:15pm

FEES: FREE for YMCA Members

Day Pass for Non-Members