



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	
May 3 June 7	July 12 August 9	May 10 June 14	July 19 August 16
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

TAI CHI QIGONG (Shi Ba Shi)

These exercises are an ideal introduction for people who want to study Tai Chi because they introduce key elements of weight shifting, mindfulness, and coordination of movement and breath.

With regular practice, benefits will include integrating mind and body, improvement in strength and balance, flexibility, and more. It is suitable for all ages and can be performed either seated or standing

LOCATION: **BELLINGHAM**

DATES: June 6 - August 22

DAYS: Thursday

TIMES: 12:10-1:10pm

FEES: FREE YMCA Members

Day Pass Non-Members

FERNDAL

April 10 - August 28

Wednesday

10:30-11:30am

FREE YMCA Members

Day Pass 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, better balance, increased happiness and better sleep.

Pre-registration Required.

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

Participants must have completed sections 1 and 2.

DATES: 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: April 11 - August 22 (no class May 23 or July 4)

DAY: Thursdays

TIMES: 4:00-5:15pm

FEES: FREE for YMCA Members

Day Pass for Non-Members

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