

HEALTH & FITNESS

Fitness Orientations (16 years and up)

Being a new member at the YMCA has many benefits. These benefits include an hour of free instruction on how to use the equipment. You will learn what the components of a proper workout include, how to use the cardiovascular equipment and how to use the resistance-training equipment. You will also receive tips for starting your workout and information on the many fitness opportunities available at the YMCA. Simply stop by the member service desk and sign up for an appointment.

Session: 09SEP (9/07-10/25) / 09OCT (10/26-12/20)
1908 (by appointment)

Fee: FREE - YMCA Members Only



Student Fitness Orientation (10-15 years) For Members Only

Required for students 10-15 years of age who wish to use the Fitness Center. Appointment covers proper form for strength training and aerobic activity. Students gain a better understanding of how the body functions. At the end of the program, students will receive a "Fit Pass" that will allow them to workout without a parent. Simply call the member service desk to schedule an appointment.

Session: 09SEP (9/07-10/25) / 09OCT (10/26-12/20)
1911 (by appointment)

Fee: FREE - YMCA Members Only

Massage Therapy Services (Members Only)

Together with C.S. Massage Service, the Kroehler Family YMCA is now offering onsite therapeutic massage for members only several days a week in "The Zone" on the lower level.

Some benefits to receiving massage therapy include reduced pain, less stress, improved mental focus, increased physical mobility, boosting the immune system and improving the quality of sleep.

Massage fees are:

Fee: 30 minute massage – Line 56 – \$39.
60 minute massage – Line 57 – \$59.

To schedule an appointment or for more information contact the Member Service Desk at 630.420.6270.

Total Health Coaching

Are you ready to make a lasting change but unsure as to where to start or what to do? That is what our Total Health Coaches are here for! With your membership you receive up to four free visits with a Total Health Coach to help you live your best life. You and your coach will sit down, analyze your goals, design a plan and work for three months to achieve these goals. The focus will be on seven dimensions of health and your coach will check in with you throughout the three months to ensure things are working out for you. It might be the best thing you do for yourself all year. Contact the Health & Wellness Department to set up an appointment at 630.420.6270 ext. 1127.

Session: 09SEP (9/07-10/25) / 09OCT (10/26-12/20)
1915 (by appointment)

Fee: \$20. - YMCA Members Only

Incentive Program for Total Health Coaching

When you complete the Total Health Coaching program you will be able to use your \$20 from Total Health Coaching towards another fitness program of your choice. This deal can't be beat!

Fitness Assessments (13 years and up)

Meet with one of our certified personal trainers to assess your current fitness level so you can evaluate your progress as you set fitness goals. This assessment will test heart rate, blood pressure, body composition, muscular strength, endurance and cardiovascular fitness. Available by appointment only.

Session: 09SEP (9/07-10/25) / 09OCT (10/26-12/20)
1905 (by appointment)

Fee: \$40. YMCA Members Only



Nutrition Advisor (13 years and up)

Meet with one of our certified nutritionists to help you identify what you need to know to fuel your workouts or lose/gain weight. You will receive specific information about basic nutritional concepts to help you get on track and meet your goals. Available by appointment only, contact Ron Anderson, Health and Wellness Director at 630.420.6270 ext.1122.

Session: 09SEP (9/07-10/25) / 09OCT (10/26-12/20)
1900 (by appointment)

Fee: \$40. YMCA Members Only



Off-Season Training Program

Would you like to set a personal record (PR) during the 2010 triathlon race season? Then off-season or winter base training is a critical component of your annual training plan. Doing the right workouts, for the right amount of time and at the right intensity is the art and science of endurance training. Sign-up for our new Off-Season training classes where USAT certified coaches from Experience Triathlon will provide the perfect workouts to move your training to new levels.

Session: 09SEP/09OCT
1990 Sunday 11:30a - 1:00p
1991 Friday 11:00a -12:30p

Fee: \$175. YMCA Members
\$225. Community Participant

Youth Triathlon Training Program

This training class is designed to introduce youth to the fun and exciting sport of triathlon. As one of the fastest growing sports in America, triathlon offers a great way to stay healthy and fit in a safe way. The combination of various types of cardio training coupled with the strength built during swim, bike and run workouts is a scientifically proven method to build high levels of fitness.

All levels of participants from first timers to seasoned junior athletes are welcome. Athletes will work on drills, games and workouts in all three sports (swim, bike, run) and the all important 'transitions' from segment to segment.

Nationally certified and experienced coaches from Experience Triathlon LLC, a locally owned coaching services provider, will share their expertise and mentor each child on their journey toward a healthy lifestyle.

Participants will be expected to have a basic swim stroke and successfully swim one pool length (25 yards) without assistance. Each athlete will be required to bring a swim suit, goggles, towel, bike, bike helmet, running shoes, workout shorts, T-shirt and a water bottle filled with water or an energy drink to each training session.

Session: 09SEP/09OCT
6-10 years old
1992 Tues/Thurs 4:15 - 5:00p
11-16 years old
1993 Tues/Thurs 4:15 - 5:00p

Fee: \$112. YMCA Member
\$162. Community Participant



email address _____

Last Name _____ Home Phone _____

Address _____ City/Zip _____ Bus. Phone _____

YMCA Member Community Participant

Classes Registered for: (Please Print)

Session	Class No.	Class Name	First Name	Birth Date	Disct.% Amnt.	Credit	COST

Payment: Cash Check **TOTAL PAID** _____
 Charge # _____ Type _____ Exp. Date _____

Participant or guardian assumes all risks of injury arising out of his or her presence on or about the premises or at another location, use or intended use of equipment and facilities, or his or her participation in the activities of the Heritage YMCA Group, an Illinois chartered not for profit corporation and does hereby for himself, herself, heirs, executors and administrators waive, release, and agree to hold free from all claims for damages the Heritage YMCA Group, and its respective officers, directors, Trustees, Board of Directors, members, employees, or agents. I hereby allow the YMCA to take pictures (still or video) of myself and/or my children and grant permission for these images to be used in YMCA publications, presentations, publicity, or promotions. I have answered all above questions accurately, declare myself/family to be physically sound, having medical approval to engage in YMCA activities, have read the information above agreeing for myself and as a chosen representative for my family to the policies and procedures of the Heritage YMCA Group.

Employee Use: Today's Date _____ Emp. Intls. & Center _____
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Signature of Participant (18 or over) or Guardian

7/09



email address _____

Last Name _____ Home Phone _____

Address _____ City/Zip _____ Bus. Phone _____

YMCA Member Community Participant

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Session	Class No.	Class Name	First Name	Birth Date	Disct.% Amnt.	Credit	COST

Payment: Cash Check **TOTAL PAID** _____
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