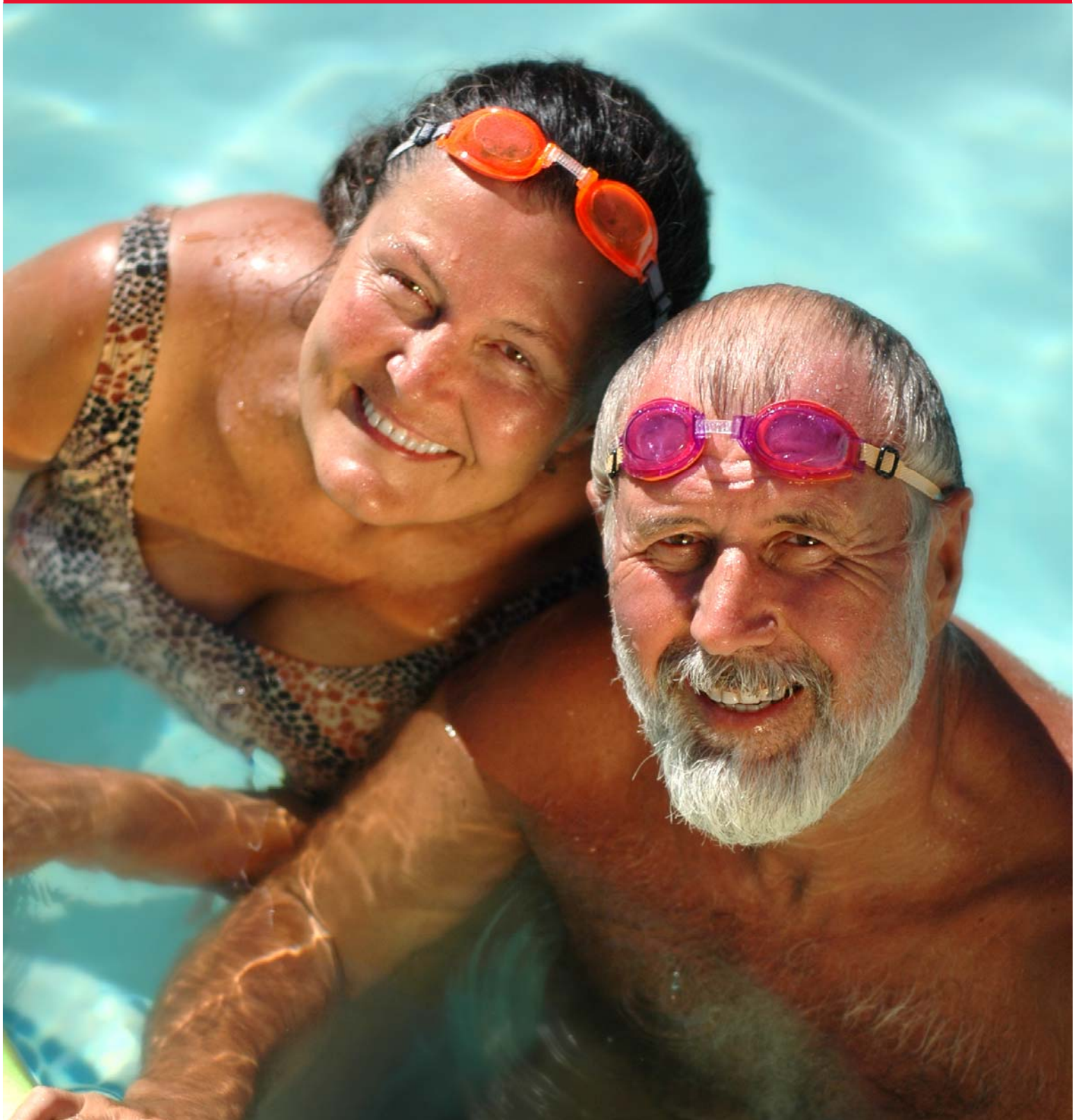


ADULTS



NORTHSHORE YMCA
FALL PROGRAM GUIDE 2009

ymcanorthshore.org
425.485.9797



FITNESS

CARDIOVASCULAR ROOM Ages 14+

Cardiovascular Equipment: Treadmills, bikes (upright, recumbent and spin), stair machines, Ellipticals, AMT (Adaptive Motion Trainers)

Weight Machines: Full line of Precor Icarian selectorized weight machines plus Cybex selectorized weight machines and FitLinxx

TOTAL HEALTH CENTER Ages 14+

Cardiovascular Equipment: Ellipticals, treadmill and recumbent bikes

Weight Machines: Life Fitness Circuit Training machines and Life Fitness Functional Trainer

Strength Equipment: Therapy balls and weight benches



FREE WEIGHT ROOM Ages 14+

Weight Machines: Life Fitness Functional Trainer, multi-function cable machine, and Smith Rack

Strength Equipment: Full line of dumbbells and weight plates, bench press, leg press, various benches and bars and FitLinxx Free Weight Training Partner.

TOTAL HEALTH CONSULTATION

This is your opportunity to meet with a Total Health Coach. Together you will discuss your goals, explore options, and create a plan that fits your needs! Physical activity, weight loss, nutrition, stress reduction, social activities or other topics. The choice is yours.

Facility Members Only: FREE

FITLINXX

FitLinxx is a computerized system linked to our strength and cardio equipment. FitLinxx “learns” your program, “tracks” your progress, “coaches” you individually through your workout for better form, safety, and ultimately, better results! The system can be accessed in the main lobby, the Cardiovascular Room or anytime, anywhere on the web. Learn more about FitLinxx in your free Total Health Consultation.

Facility Members Only: FREE

PERSONAL TRAINING

Train with nationally certified personal trainers and achieve the results you want. Each program is tailored to your individual goals and the focus is on you.

Facility Members Only: \$60/1hr session
\$165/Three-1hr sessions

Y PERSONAL FITNESS

A free 12-week program designed to ease you into a fitness routine. A YMCA Personal Fitness Coach will meet with you four times, track your progress, and stay in touch with you weekly. Register at the Member Services Desk.

Facility Members Only: FREE

GROUP EXERCISE CLASSES ▼

We have got the right class for you! Pilates, Zumba, Yoga, Step Aerobics, Jazz Dance, Group Cycling, Belly Dancing, Strength & Conditioning and much more! Pick up a Group Exercise schedule at the Member Services Desk or log onto ymcanorthshore.org and go to Calendars and Schedules page.

Facility Members Only: FREE

101 CLASSES ▼

Open to all, these warm, friendly, fun programs are uniquely designed for members to get one-on-one attention, ask questions and learn basic skills. Great place to start-you will find support and encouragement to “stick with it”! Featuring 101 Tai Chi, 101 Qigong, 101 Yoga, 101 Strength & Conditioning, 101 Cycling, 101 BOSU.

LIFE FITNESS CIRCUIT CLASSES ▼

30 minutes of strength training on our Life Fitness Circuit equipment in the Total Health Center. Music and fun in a group exercise format. If you are new to strength training or just looking for a motivating way to liven up your routine, come join us. Suitable for all levels.

Wed and Fri 9:30-10:00 am
Thurs 5:30-6:00 pm

“TRY THIS” SPECIAL WELLNESS EVENT Ages 14+

Come and sample new group exercise class formats! Classes and activities include: Zumba workshop, Women on Weights, Y Personal Fitness, Ask the Trainer, Yoga, Belly Dancing and more.

Sat 8 am-Noon
Oct 24

Facility Members Only: FREE

SELF DEFENSE FOR WOMEN Ages 13+

Learn defense techniques, voice command and strategies to protect yourself. Improve awareness, learn to trust yourself, increase your self confidence and decrease your chances of becoming a victim. Discussion, demonstration and practical exercises. Two 90-minute classes on consecutive weeks.

Sat 2:00-3:30 pm
Nov 14, 21

Facility Members: \$30
Program Members: \$50

▼=Volunteer opportunity available

MARTIAL ARTS

TAE KWON DO Ages 11+

Tae Kwon Do is characterized by its fast, high and spinning kicks. Achieve physical fitness through positive interaction to improve mental discipline and develop a sense of responsibility toward self and others. Sessions begin on first Monday of each month. Intermediate sessions are ongoing. Beginning level sessions are offered as needed.

Intermediate: Mon, Wed and Fri 7:00-8:30 pm

Beginning: Mon, Wed and Fri 8:00-8:45 pm

Facility Members: \$50 per month

Program Members: \$65 per month



KARATE Ages 13+

Seido Karate emphasizes personal development in a graded series of promotions of increasing skill and complexity. It can help increase strength, stamina, and physical well-being through the development of technical skills and mental discipline. Sessions begin on first Tuesday of each month. Beginners are given one-on-one training in addition to group training. Begins Oct 6.

Tues and Thurs 4:55-5:55 pm

Facility Members: \$32.50 per month

Program Members: \$50 per month

WATER FITNESS

ARTHRITIS FOUNDATION AQUATICS PROGRAM

This class is designed for those with limited movement. Program consists of mild water exercises emphasizing range of motion and strength.

MS AQUATICS

This water exercise class is based on an exercise-rest-exercise pattern that is appropriate for those living with multiple sclerosis. We provide optimal exercise conditions for people with weakened limbs, fatigue, and balance challenges. This class promotes strength, stamina, and flexibility. Focus is on physical, emotional and social wellbeing.

SILVER SPLASH® SILVER SNEAKERS®

Are you looking for a way to start your day off great? Join us in a water exercise class, designed with you in mind. We help you maintain your cardiovascular strength by utilizing the water's buoyancy and resistance, all while having fun with a great bunch of people.

SHALLOW WATER AEROBICS

Walking, running, jumping and a variety of aerobic movements are preformed in the shallow end of the pool to increase heart rate and provide both a cardiovascular and strength training workout. A variety of water equipment, dumbbells, noodles, etc. are used for conditioning.

AQUA POWER

A higher intensity level, deep and shallow water workout consisting of aqua jogging, triathlon training, intervals and more to pump up your heart and strengthen your body!

MASTERS SWIM Ages 18+

Masters Swimming is for those who are interested in swimming as a group and competition. Masters is FREE to all facility members. The goal for this program is health, fitness and camaraderie. Workouts vary considerably day to day and season to season. We offer coaching and workouts in all competitive strokes, as well as focused work on open water swimming and technique.

Mon, Wed and Fri 5-6:30 am (coached)

Tue and Thurs 5-6:30 am (lanes reserved)

Tue and Thurs 8:30-9:30 pm (coached)

MOMMY AND ME WATER X

The ultimate workout for multi-taskers! Babies get a gentle water experience with songs and games. Moms get a low to moderate impact aerobic workout, plus balanced strength training. Great way to meet other parents! Designed for babies (6-24 months) and their parent or guardian.

Mon and Wed 10:00-10:30 am

Facility Members Only: FREE



LOOKING FOR A SCHEDULE?

Visit the [Calendars and Schedules](#) page.

RECREATION

LADIES ONLY REC CLIMB Ages 18+ ▼

Drop-in climbing for ladies only. Tone arms and legs while spicing up your fitness routine and building confidence. No experience necessary. Climb at your pace and ability. Led and supported by female tower staff. Available through the end of September.

Thurs 5:30-Dusk

Facility Members: FREE

Program/Community Members: \$3 per REC Climb

BELAY CERTIFICATION Ages 12+

Get certified to belay other climbers. Class includes equipment orientation, safety, climbing etiquette, belay commands, knot-tying and teamwork. Belay certification valid for one year.

Thurs 5:00-8:00 pm

Sept 17

Facility Members: \$10

Program Members: \$20

Y RIDES OUTSIDE

Are you looking for cyclists with similar bicycling skills and experience with which to share rides? Look no further. This is a free program and open to the community. To join the online messaging group, contact Dana Oliver at doliver@seattlemca.org.



MULTISPORT TRIATHLON TRAINING

Your triathlon and multisport event training starts here. Train with USA Certified coaches and other YMCA members who have the same goals as you. With monthly social events and plenty of training opportunities, we are here to help you succeed. For more information contact Joel Lenox at jlnox@seattlemca.org.

Facility Members Only: FREE

WALKING GROUP

Members meet in the lobby to walk the trails around the business park. Maintain or increase your fitness with walking. All members welcome and open to the community.

Mon, Wed and Fri 8:15 am

WELLNESS

CASUAL COOKING Ages 18+

Never mind dancing lessons! Enjoy a one-of-a-kind evening of relaxation, pleasure and connectivity. Learn how to cook for any occasion and have fun in the kitchen. Samples of everything you make and pre-printed, easy-to-follow recipes included.

Fri 6:30-8:30 pm

Oct 30; Nov 20

Facility Members: \$20 per class

Program Members: \$30 per class

HEALTHY LIFESTYLES PROGRAM Ages 18+

Most of us have tried to make a health related life change. Whether it is losing weight, exercising or curbing an undesirable habit, starting and sticking with a program long enough to affect change can be a challenge. Healthy Lifestyles Program is a scientifically proven behavior change program developed with Stanford University that provides group support, 1:1 coaching, goal setting and accountability. Participants meet for 10 months (22 sessions).

Wed 7:00-8:30 pm

Jan 27-Oct 27, 2010

Facility Members: \$90

Program/Community Members: \$150

EIGHT WEEKS TO WELLNESS Ages 18+ ▼

Have you ever wondered what is in the foods you're eating? Do you know where and what to look for on food labels? How much exercise is enough and whether you're doing the right kinds of exercise? Find out how you can start making healthy choices and plan for your lifelong health.

Wed 6:45-7:45 pm

Sept 30-Nov 18

Facility Members: \$25

Program Members: \$65

HEALTH IN THE NEWS

Learn the latest facts about disease prevention and drug interactions from local health professionals. No registration required, open to Facility and Program Members.

Tues 11:30 am-Noon

Oct 20

CHOLESTEROL AND GLUCOSE TESTING

You can take steps to protect your heart! Get your cholesterol and blood sugar measured. Choose either the fasting full-panel cholesterol test or the non-fasting test. Results are ready in just five minutes! Pre-register or sign up in person.

Tues (time TBD)

Oct 6

Cost: \$35 per test

▼=Volunteer opportunity available



MASSAGE THERAPY

Relaxing, therapeutic, revitalizing. You tell us what you need! 30, 60 and 90 minute sessions. Various morning, afternoon, evening and weekend appointments available with our licensed massage therapists. Facility Members Only.

30 minute massage \$40

60 minute massage \$60

90 minute massage \$90

Package of three-60 minute massages \$165

Package of three-90 minute massages \$255

FLU VACCINATIONS

Getting a flu vaccine is an important way to protect yourself from seasonal influenza. The best time to get vaccinated is before the flu season starts. Medical staff will be on-site to administer the vaccine.

Tues 9:00-11:00 am and 5:00-7:00 pm.

Oct 20

Cost: \$28 per vaccination

AMERICA ON THE MOVE WEEK

Join us for activities that celebrate movement as part of a healthy lifestyle. Have fun and inspire change. Look for schedule of events and activities posted in our YMCA. Sept 20-27

For more information contact Dana Oliver at doliver@seattlemca.org



ACTIVE OLDER ADULTS (AOA)

SILVER SNEAKERS® 1

MUSCULAR STRENGTH AND RANGE OF MOVEMENT

Have fun and move the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support.

SILVER SNEAKERS® 2

CARDIO CIRCUIT

Combine fun and fitness and increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.



SILVER SPLASH® SILVER SNEAKERS®

Are you looking for a way to start your day off great? Join us in a water exercise class, designed with you in mind. We help you maintain your cardiovascular strength by utilizing the water's buoyancy and resistance, all while having fun with a great bunch of people.

AOA LAND AEROBICS

This lively low impact workout combines fun movements to improve cardiovascular endurance, with muscular strength and flexibility routines.

JAZZ DANCE

Move to the most popular jazz music, including Hip-Hop, Funk, Lyrical and Broadway. All fitness levels welcome.

EXPRESS 101 TAI CHI

Tai Chi uses slow movements to promote health, circulation and relaxation. It concentrates on breathing, core muscle strength, and harmony of the mind, body and spirit. 30 minute class format for those new to Tai Chi.

DOUBLE NICKEL SNOW RECREATION CLUB

Cross country skiing or snow shoeing for people 55 and over. Weekday trips starting soon. Please see the Member Services Desk for details.