

# PERSONAL WELLNESS

NOVEMBER 2009 • DOWNTOWN SEATTLE YMCA

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## PHYSICAL FITNESS

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**Personal Training & Pre/Post Natal Training:** Working with a Personal Trainer is an excellent way to achieve the results you are seeking, and stay motivated and on-track to meet your goals. Each one-hour session includes personal guidance, planning, and encouragement. Personal training is ideal for anyone from beginner exercisers and older adults to mothers-to-be and athletes of all levels. Our YMCA Fitness Staff is dedicated to designing programs that fit your needs.

*1 session @ \$50, 3 sessions @ \$142,  
6 sessions @ \$270, 10 sessions @ \$425  
Partner Sessions receive a 25% discount per person*

**Fitness Evaluation:** Find out your current fitness level by working with a trained Fitness Specialist. The assessment includes blood pressure screening, body composition measurement, sit and reach test which measures flexibility, abdominal curl and bench press to measure strength/endurance and a test which measures cardiovascular fitness level

*\$50 for each evaluation*

**Body Composition Measurement:** Studies show the scale is not the best indicator of a healthy body. The YMCA recommends this body composition measurement, which makes a comparison of body fat to lean muscle mass.

*\$25 for each measurement*

**Total Health Consultation:** Have your fitness questions answered with this FREE package, which includes two one-hour appointments. The Total Health Consultation will get you on the right track to achieve your health and wellness goals. Your YMCA Certified Fitness Trainer will teach you the proper use of our equipment and help develop a customized fitness plan based on your priorities, current activity level, and personal interests. For further one-on-one coaching, purchase a personal training package!

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## TOTAL HEALTH

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**English Conversation Classes:** Drop-in and practice your English conversation skills. Classes are FREE to members & non-members.

*Thursdays, 6-7pm, Rm 121*

**Diabetes Support Group:** Drop-in for support. Studies show that people with diabetes who attend a support group regularly have greater success in managing diabetes and creating a healthy and joyful life. Classes are FREE to members & non-members.

*Tuesdays, 7-8pm, Triangle Art Gallery*

**Watch the Seahawks with the YMCA:** Join us at The Hawk's Nest Bar & Grill, because the 12th Man deserves a place to root for their team with a group of people who love the Seahawks!

*Sunday, Nov 15 starting at 11am. Game at 1pm*

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## BEHAVIOR CHANGE

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**Y Personal Fitness:** Build your commitment and motivation for an active lifestyle with this FREE 12-week program, perfect for those new to exercise, or who have a difficult time sticking with a program. The 4 training appointments provide a source of support, continuous feedback, and coaching. You will identify your areas of strength and develop strategies to overcome barriers. Members new to fitness will receive the guidance they need, and learn to enjoy exercise and the associated benefits.

*Sign up now at the Membership Services Desk*

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## MASSAGE THERAPY

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**Swedish Massage:** Using varied techniques and pressure, intensity can be light or deep. Pregnancy Massage, Sports Massage, and Deep Tissue are all based in Swedish Massage.

**Treatment Massage:** Treatment massage is focused on a targeted area to decrease pain and increase function. It is appropriate for treating chronic pain, overuse injuries, postural dysfunction, aiding in recovery from injuries and surgeries, and simply allowing you to move more freely and effortlessly.

**Massage for People Living with Cancer:** Massage has benefits for everyone at any stage of health, and new research suggests massage therapy helps cancer patients deal with physical and mental symptoms that go along with late stages of the disease. Researchers say massage can help promote relaxation and distract from depression and pain.

*Initial Consultation Fee: \$10  
30 minutes @ \$40  
60 minutes @ \$60  
90 minutes @ \$90*

*Chair Massage:  
15 minutes @ \$20  
30 minutes @ \$35*

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## REGISTRATION/CONTACT INFORMATION

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**Registration: Membership Services Desk**

Phone: 206-382-5010

Web: [www.downtownseattleyymca.org](http://www.downtownseattleyymca.org)

**Questions: Juliet Boyd**

**Director of Health & Wellness**

Phone: 206-223-1621 Email: [jboyd@seattleyymca.org](mailto:jboyd@seattleyymca.org)

*The Downtown Seattle YMCA provides financial assistance to the extent possible to those in need.*

*All programs are open to Facility Members. Program Memberships are also available for enabling participants to sign-up for fee-based YMCA programs.*

