

## LOOKING TO GIVE YOUR FITNESS AND NUTRITION HABITS A BOOST?

Here's how to get started on your road to success:

### OVERWHELMED BY WELLNESS OPTIONS?

In today's information-saturated world, breaking through the clutter to find the best fit for your needs can be overwhelming.

You start out to make choices and quickly become bogged down with suggestions and feedback from friends, family, news stories, magazines, books, and web tips.

**Let the Y help you cut through the confusion.**

### DON'T KNOW WHERE TO START?

Regardless of your age, weight, medical history or how many pushups you can do, starting a new program can be intimidating.

You're faced with lots of questions: How do I turn on the treadmill? What do I wear? Will I have to deprive myself of the foods I enjoy? What exactly is the threshold between "good" and "bad" pain?

**Let the Y help put your mind at ease.**

### DON'T HAVE ENOUGH TIME?

The challenges of balancing family, friends, work, and day-to-day activities can quickly steal away the time you've set aside for a workout routine and healthy meal planning.

Consequently, you struggle to maintain a wellness routine and never manage to generate your desired results. How can you develop a wellness plan that fits into a busy schedule? How can you set yourself up for success?

**Let the Y help keep you on a path to success.**

## FIND YOUR Y

### ANDOVER YMCA

1115 E. US Highway 54, 316.733.9622

### CENTRAL YMCA

402 N. Market, 316.264.9374

### EAST YMCA

9333 E. Douglas, 316.685.2251

### EL DORADO YMCA

300 N. Main, 316.320.9622

### NORTH YMCA

3330 N. Woodlawn, 316.858.9622

### NORTHWEST YMCA

13838 W. 21st St. North, 316.260.9622

### RICHARD A. DEVORE SOUTH YMCA

3405 S. Meridian, 316.942.5511

### WEST YMCA

6940 Newell, 316.942.2271

### QUALIFIED STAFF

All Y fitness staff members undergo extensive training for the areas in which they work. They're available to assist you with the information and programs you need to accomplish your fitness goals.

Personal Trainers complete a national YMCA and/or ACSM (American College of Sports Medicine) certification program and are trained in CPR, AED, O2. Many Y trainers hold additional national certifications for specialty training.

YMCA Group Exercise Instructors complete a national Y certification program and CPR, AED training. They also receive certifications for each specialty area they teach.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ROAD TO SUCCESS

Getting Started  
GREATER WICHITA YMCA



LIFECHANGING

[ymcawichita.org](http://ymcawichita.org)

[facebook.com/ymcawichita](https://facebook.com/ymcawichita)

# LIFECHANGING CHALLENGE

## TAKE CONTROL OF YOUR HEALTH

Starting a new wellness routine is not easy, but the Y's LIFECHANGING Challenge is here to simplify the process and get you started on the right foot. (ages 13+)

Based on scientific research, this program incorporates goal setting, fitness and nutrition into a one-year program designed to help you achieve long-term results. Available for Y Members only.

\$20 /person (\$275 value)

### THE Y WILL HELP YOU

- stay accountable & motivated
- remove barriers to success
- achieve your results
- change your life



### HOW IT WORKS

With the help of a certified YMCA personal trainer and our exclusive MobileFit online training and nutrition system, you will establish your goals and the steps to accomplish your results. Along the way, you will track your LIFECHANGING points and earn bonus rewards.

### LIFECHANGING POINTS

Points can be earned by working out at any YMCA, taking a group exercise class, swimming, walking, jogging, enjoying your favorite sport, exercising on your own, attending appointments with your trainer and MUCH more.

The more you do, the quicker you accumulate points, and the faster you receive bonus rewards.

### BONUS REWARDS

Bonus rewards have been selected to help keep you focused and energized along your journey.

- |            |  |
|------------|--|
| Activation | Get 10 bonus points simply for showing up to meet your trainer   |
| Jump Start | FREE T-shirt for setting your goals and meeting three times with your personal trainer   |
| 300 PTS    | FREE Y program or blood lipid profile so you can add something new to your routine or establish your wellness benchmark                  |
| 500 PTS    | FREE 30-minute TRX or Pilates Tower session with a certified Y trainer to discover new tools for achieving your results                  |
| 1,000 PTS  | FREE 1-hour personal training session with a certified Y trainer to learn ways to take your routine to the next level                    |
| 2,500 PTS  | FREE 1-hour group training appointment with you and 2-3 of your friends to establish an accountability team to help sustain your success |
| 5,000 PTS  | FREE celebration t-shirt to honor your LIFECHANGING accomplishment   |

# ADD VARIETY

## BASICS TO GROUP EXERCISE

Greater Wichita YMCA offers more than 700 group exercise classes as part of your membership. However, many overlook group exercise classes because catching on to the movements and routines can be intimidating.

The Y offers entry level "basics to" classes to get you started. Limited enrollment ensures personalized attention as you learn the fundamentals. New classes start each month. Enrollment is free; pre-registration is required at the Member Service Desk.

- BASICS TO FLOOR & STEP AEROBICS
- BASICS TO CYCLE
- BASICS TO PILATES
- BASICS TO MUSCLE PUMP
- BASICS TO YOGA

Note: Low-impact water exercise classes are also available for those who are new or returning to a workout. 30 minute express group exercise classes are also available in a variety of disciplines for time-crunched individuals. Refer to Group and Water Exercise schedules found at any YMCA branch or online at [www.ymcawichita.org](http://www.ymcawichita.org).

## EXPRESS FITNESS CENTERS

Stop by before work, during lunch or after work and "Get in and get out!" Enjoy a 30-minute circuit class of cardio and weight equipment led by an energetic instructor that will keep you moving. See group exercise schedules for Express Fitness class times. Included in membership. Great for all levels! (Available at A, E, EID, N, S, W)

## PERSONAL TRAINING

Let a certified personal trainer develop a custom wellness program for your needs. With a professional at your side, you'll learn proper technique and safety to maximize your results. Work one-on-one, or involve a partner or group to reach your goals together. See program guide for pricing.

## WELLNESS SCREENINGS

Laughter may be the best medicine, but preventive health care is also extremely valuable. Make sure you're staying healthy with these wellness screening options provided by ACSM certified personal trainers. (30-min appointments)

- BLOODWORK & BIOMETRICS: Get a wellness profile with blood pressure, body measurements and blood screening for total cholesterol, triglycerides, glucose, HDL & LDL. Fee: \$25
- WELLNESS ASSESSMENT: Determine your risks for cancer, coronary, nutrition, physical activity, stress management, health age and safety issues. Fee: \$30