

# ADULT PROGRAMS

**FOR HEALTHY LIVING - Improving the nation's health and well-being**

## PERSONAL TRAINING

All of our trainers are certified by respected certifying organizations.

Benefits of working with a personal trainer include:

- Develop an individualized plan for achieving your specific fitness goals
- Ensure safe lifting technique and sound programming
- Identify and correct strength imbalances
- Stay motivated and accountable

Regardless of what you do, staying active is the smartest thing you can be doing to maintain your health and well-being.

If you have specific fitness goals and you are not having the success you would like, working with a personal trainer is about the smartest thing you can do with your money. When you think about it, what could be better than investing in yourself?

**To get your fitness consultation, to go over your personal health and fitness history and to get started with a Trainer, Contact: Rob Rojek, Wellness and Sports Director at 228-9622 ext. 122 or [rrojek@concordymca.org](mailto:rrojek@concordymca.org)**

FEES:

55 MIN. SESSIONS		25 MIN. SESSIONS	
SESSIONS #	FEES	SESSIONS #	FEES
12	\$432	12	\$270
8	\$299	8	\$180
6	\$234	6	\$135
4	\$160	4	\$90
1	\$45		

## TRAIN WITH A FRIEND – MOTIVATE EACH OTHER HAVE MORE FUN!

GROUP TRAINING 55 MINUTE SESSIONS

2 PERSON FEES/PERSON		3 PERSONS FEES/PERSON	
# OF SESSIONS		# OF SESSIONS	
12	\$324	12	\$264
8	\$224	8	\$184
6	\$174	6	\$144
4	\$120	4	\$100

For more information please contact Rob Rojek, Wellness and Sports Director at 228-9622 ext. 122 or [rrojek@concordymca.org](mailto:rrojek@concordymca.org)

## IRON MAIDENZ

Iron Maidenz is our newest weight training program designed just for women. Class is held in the free weight room and is led by a Certified Strength and Conditioning Specialist. This program is a great fit for any woman who is looking to take things to the next level.

The Iron Maidenz program focuses on building strength, improving balance and posture, and developing a lean, toned look. The lower body is targeted from every angle by incorporating a large variety of single and two legged lifts. Developing strong, toned arms is another goal of the program and is done by emphasizing upper / lower body complexes and circuits to build strength and increase metabolic rate. Lastly, no program would be complete without some dedicated ab work, and the Iron Maidenz program is no different, promising to show you some new ways to strengthen those abs and flatten that belly.

All of our "Iron Maidenz" will receive an Iron Maidenz T-shirt as a reward for their hard work in the program. Class size is limited to 6 in order to guarantee quality one on one instruction and develop a tight knit training group.

If you have any questions about the Iron Maidenz program, contact Rob Rojek, Wellness and Sports Director at 228-9622 ext. 122 or [rrojek@concordymca.org](mailto:rrojek@concordymca.org)

**Mondays 6:30 - 7:30 PM**

**\$40 for 8 weeks for Members • \$82 for 8 weeks for Program Members**



## COMMIT TO BE FIT

Commit to be fit is a program designed for members to help them get pointed in the right direction towards achieving their fitness goals.

- The program starts with an initial fitness consultation and fitness assessment.
- Participants meet with a trainer once a week for 7 weeks and work on setting one healthy eating and activity goal for each week.
- Each week you meet with your trainer, you will discuss how the previous week went and come up with new approaches to help you reach your fitness goals.

This is an ongoing program, and you can sign up at anytime.

**Contact Trieste Philbrook at 228-9622 ext. 139 [tphilbrook@concordymca.org](mailto:tphilbrook@concordymca.org) or Rob Rojek, Wellness and Sports Director ext. 122 [rrojek@concordymca.org](mailto:rrojek@concordymca.org)**

**The first 7 week program is FREE for members  
Additional 7 week programs are \$90**