



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER

JAN. 2 – FEB. 24

HEALTH & WELLNESS

CLASS NAME	CLASS DESCRIPTION	MIN. AGE	MAX. AGE	LOCATION	TIME	DURATION	DAY	MEMBER	COMMUNITY
B. Fit	At the Y, we make it easier for you to take the first step to a healthier life. In our free 12-week Beginner Fitness (B. Fit) Program, you'll learn how to use the fitness equipment and how to exercise safely. Plus, you'll have one-on-one attention from our Wellness Coaches to create a fitness routine that helps you reach your personal goals. Please register at the Welcome Center.	18+		Wellness Center	N/A	60min (4 sessions in 12 weeks)	N/A	Free	N/A
Getting to Know You	For new members we offer a free equipment orientation, a free fitness assessment, and a free 30-minute personal training session. Please register at the Welcome Center.	18+		Wellness Center	N/A	30min	N/A	Free	N/A
		11	17		N/A	30min	N/A	Free	
Running Club	For members 13 years or older. Enjoy the health benefits of running outdoors in a very social environment. Held indoors in inclement weather.	13+		Outdoors/Wellness Center	8:00am	55min	Sa	Free	N/A
Walking Club	Enjoy the health benefits of walking outdoors in a very social environment. Held indoors in inclement weather.	13+		Outdoors/Wellness Center	11:30pm	55min	Th	Free	N/A
YOUTH WELLNESS CLASSES									
Youth Self Defense	Learn a range of personal safety skills to take charge of the space around you.	7	13	Room 10	4:00pm	45min	M	Free	N/A
Youth Cardio Class	Get a challenging cardiovascular and full body workout.	7	13	Room 10	4:00pm	45min	Th	Free	N/A
7th Grade Guided Fitness Program	7th grade members learn good exercise behaviors through a variety of fitness activities that are appropriate for their age.	12	13	Room 10	4:00pm	45min	W	Free	N/A
GRIT	Youth Stress Management	12	13	Room 3	4:00pm	90min	M	Free	N/A
				Room 3	4:00pm	90min	T	Free	N/A

Bridgewater YMCA | 908 526 0688 | Somerville YMCA | 908 722 4567 | www.somersetcountyyymca.org

Registration: Members: Dec. 10 • 6:00pm | Community: Dec. 17 • 10:00am



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WELLNESS CLASSES									
LIVESTRONG® AT THE YMCA AM	This free, 12-week strength and wellness program is for adult cancer patients and survivors who have become de-conditioned or chronically fatigued. Our certified fitness instructors, trained in post rehab exercise and supportive cancer care, help patients build muscle mass and strength, increase flexibility and endurance, and improve functional ability. The holistic program also helps to reduce the severity of therapy side effects while improving energy levels and self esteem. For more information and class times, please contact Valeria Tenreiro at vtenreiro@somersetcountyyymca.org.	18+	100	N/A	11:30am 6:00pm 7:45pm	75min 75min	T/F T/Sa T/Sa	Free	N/A
NUTRITION									
Nutrition	Define your personal nutrition and wellness goals and we'll help you achieve them. Following a comprehensive assessment, our nutritionist will suggest a personalized plan with behavioral strategies. Written dietary guidelines and materials will help track your progress. For Y members. To schedule an appointment, please contact Valeria Tenreiro at vtenreiro@somersetcountyyymca.org.	10+		Wellness Center	N/A	N/A	N/A	30min: \$27.50 5x30min: \$137.50 10x 30min: \$275 Beginner Pack: \$99	N/A

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PERSONAL TRAINING									
Tri Pack	A great way to experience the health benefits of Personal Training. For members who are new to Personal Training at the Y or for those who have not purchased Personal Training sessions in a year. For Y members.	10+		Somerville		45min		3 sessions \$99 per person	N/A
Traditional Personal Training	Get the results you want and improve your health with one-on-one guidance from our certified Personal Trainers. Trainers will design a program tailored to your interests and level of ability to help reach personal fitness goals. For Y members. Schedule sessions and receive a free fitness assessment.	10+		Somerville		60min		1 session \$55 5 sessions \$275 10 sessions \$550	
Pairs Personal Training	Start on the path to a healthier you. A certified Personal Trainer will help you and a partner to optimize your fitness at an affordable price. For Y members. Call to schedule sessions with a trainer.	10+		Somerville		60min		\$80/session (\$40 per person) \$380/5 sessions (\$190 per person) \$720/10 sessions (\$360 per person)	
Small Group Training	Train with friends and receive the benefits of personalized fitness in a small group at an affordable price. For Y members. Registrations open at the welcome center desk. Minimum 3 participants, maximum 8 participants. Check website for updates.	13+		Somerville		60min 30min		8 weeks - \$160 (per person) 8 weeks - \$80 (per person)	
Abs, Legs and Glutes Small Group Training	Train with friends and receive the benefits of personalized fitness in a small group at an affordable price. For Y members. Registrations open at the welcome center desk. Minimum 3 participants, maximum 8 participants. Check website for updates.	13+		Wellness Center	9:00am	30min	Sa	\$80	N/A

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Resistance Work Out Small Group Training	Train with friends and receive the benefits of personalized fitness in a small group at an affordable price. For Y members. Registrations open at the welcome center desk. Minimum 3 participants, maximum 8 participants. Check website for updates.	13+		Wellness Center	7:00am	30min	F	\$80	N/A
Cardio Work Out Small Group Training	Train with friends and receive the benefits of personalized fitness in a small group at an affordable price. For Y members. Registrations open at the welcome center desk. Minimum 3 participants, maximum 8 participants. Check website for updates.	13+		Wellness Center	8:30am	30min	Th	\$60	N/A
Sport Conditioning Small Group Training	Train with friends and receive the benefits of personalized fitness in a small group at an affordable price. For Y members. Registrations open at the welcome center desk. Minimum 3 participants, maximum 8 participants. Check website for updates.	10	17	Wellness Center	4:00pm	60min	T	\$160	N/A

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