



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPRING 1

FEB. 25 – APR. 20

## HEALTH & WELLNESS

CLASS NAME	CLASS DESCRIPTION	MIN. AGE	MAX. AGE	LOCATION	TIME	DURATION	DAY	MEMBER	COMMUNITY
<b>B. Fit</b>	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
<b>Getting to Know You</b>	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	Wellness Center	N/A	30min	N/A	Free	
<b>Running Club</b>	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
		Teen			5:00pm	45min	T/Th	\$160	
		Adult			6:00pm	45min	T/Th	\$160	
<b>Walking Club</b>	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
<b>TEEN WELLNESS CLASSES</b>									
<b>Teen Ninja Warrior</b>	Learn a range of personal safety skills to take charge of the space around you.	10	17	Room 10	4:00pm	55min	M	Free	N/A
<b>Teen Cardio Blast</b>	Get a challenging cardiovascular and full body workout.	10	17	Room 10	4:00pm	55min	Th	Free	N/A
<b>Teen Fitness Starter Tutorial</b>	Teen learn good exercise behaviors through a variety of fitness equipment activities that are appropriate for their age.	11	17	Wellness Center/ Room 10	4:00pm	55min	W	Free	N/A
<b>Teen Mindful-Nest</b>	Teen Stress Management through breathing, relaxation, and yoga	10	17	Kids Corner	4:00pm	75min	T	Free	N/A
<b>Teen Tutoring</b>	Teen will be assisted with homework and academics difficulties	10	17	TBA	5:00pm	60min	W	Free	N/A

Bridgewater YMCA | 908 526 0688 | Somerville YMCA | 908 722 4567 | [www.somersetcountyyymca.org](http://www.somersetcountyyymca.org)

Registration: Members: Feb. 11 • 6:00pm | Community: Feb. 18 • 10:00am



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<b>Teen Total Athlete</b>	For members 10 years to 17 years old. Conditioning a training by a certified personal trainer, customized for teenagers to improve their sport skills.	10	17	AP Room	12:30pm	60min	Sa	Free	N/A
<b>Teen Reading Buddies</b>	For members 10 years to 17 years old. Enjoy the opportunity to volunteer reading to childcare kids and experinece what could be a future career as a teacher.	10	17	Childcare	4:00PM	60min	W	Free	N/A
<b>Teen Y Book Club</b>	For members 10 years to 17 years old. Enjoy the opportunity to expands your horizons with the in-depth discussions and assimilations of different viewpoints related to the book of the month.	10	17	Room 3	11:30AM	60min	Su	Free	N/A
<b>Teen Parent Orientation</b>	<b>For teenager parents.</b> We will be hosting a parent's orientation to share all the teen programs included in teen membership. Find out how you can help your teen!			Room 3	7:00PM	60min	F	Free	N/A

### NUTRITION

<b>Nutrition</b>	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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<b>PERSONAL TRAINING</b>									
<b>Tri Pack</b>	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
<b>Traditional Personal Training</b>	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	N/A
<b>Pairs Personal Training</b>	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)	N/A
<b>Small Group Training</b>	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)	N/A
<b>Abs, Legs and Glutes Small Group Training</b>	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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<b>Resistance Work Out Small Group Training</b>	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	8:15am	30min	F	\$80	N/A
<b>Ryan's Personal Training Sampler</b>	A Demo of different ways of doing personal training	10+		Wellness Center	8:00pm	60min	W	\$10	\$20
<b>Todd's Personal Training Sampler</b>	A Demo of different ways of doing personal training	10+		Wellness Center	7:30pm	60min	M	\$10	\$20

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