

# WILKES-BARRE FAMILY YMCA



# FEBRUARY WELLNESS PROGRAM SCHEDULE PERSONAL TRAINING

**Get Started Today with Personal Training at the Wilkes-Barre Family YMCA!**

## **Complimentary Fitness Evaluation and Consultation as a Member**

- Body Measurement Analysis
- Blood Pressure Check
- Body Circumference Measurements
- General Workout Plan
- Optional machine orientation for those who want to workout on their own

## **Introductory Personal Training Packages:**

Sessions last an hour. Talk to your trainer about splitting sessions into 1/2 hour increments.

### **Basic Session**

For those who want train with a trainer only one time

**1 hour session.**

**Investment: \$30/session (Member) \$35/session (Non-Member)**

### **Motivational Package**

For those who need a little extra motivation to work out

**6 one hour session package.**

**Investment: \$25/session (Member) Under \$30/session (Non-Member)**

### **Premium Package**

For those who would rather have the trainer do all the planning for their workout. **12 one hour sessions.**

**Investment: Under \$24/session (Member) \$25/session (Non-Member)**

## **MONTHLY PERSONAL TRAINING INVESTMENTS:**

**3, 6 and 12 months of 2, 3 and 4 days**

**NEW - SELF DESIGNED PROGRAMS of 1, 3, 6 or 12 months**

**GROUP TRAINING IS AVAILABLE**

**Talk to a trainer today!**

**Get 50% off the next training package when you refer a friend**



# Personal Training 2012 with Joe

**One on One Training  
Group Training  
Self Designed Training**

**BOOT CAMP  
Mondays & Thursdays @ 6pm  
Contact Joe @ 823-2191 for  
monthly investment**

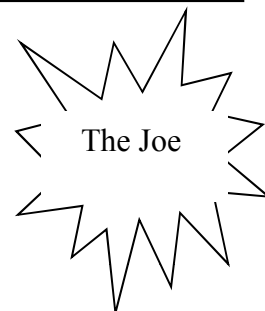
**SELF DESIGNED PROGRAMS of 1, 3, 6 or 12 MONTHS** - For those who need guidance to reach their health and fitness goals, but are self motivated and may not need a trainer. Individuals meet with a trainer to discuss an exercise program. Program itself is done on the individual's own. One personal training session a month is provided to show proper technique of the exercises.

Reasons from clients:

- To maintain my current weight and build endurance for running
- To get in better shape for a summer beach bod
- To see how much stronger I can make myself, to lose weight that holds me back from enjoying life and to make myself feel awesome.
- Tone up – loose fat-gain muscle
- Socialize, firm up, maintain muscle
- Get firm glutes, Get in shape and tone, Get killer abs

I took a chance by taking advantage of the YMCA's introductory membership offer, along with personal training the beginning of the summer. My thinking at the time was OK, three months, if I don't like it or like my normal "tries" would just not go and would not be out much money. Once I took the chance and actually went to my scheduled assessment, I met Joe Barket. Joe took the time right from the beginning to understand my fitness goals, along with my non-fitness capabilities. My overall assessment was completed, which included measurements, weight and fitness stance. Joe not once made me feel the way I felt about myself (not good). A plan was started. The next day I started my full first hour session and what a change. He showed me new exercises, proper techniques that were actually fun, weren't hard, but not easy either. As the days progressed, Joe expanded the exercises, but not once did I wake up the next day where I couldn't move. How did he do that? After all I "was" a person who for the last 20+ years was basically immobile either at a desk or a couch. Guess I should have "trusted" him from the start. Even more impressive was Joe's knowledge. He explained on my level so that I understood what and why I was doing certain exercises. Whether I had questions over nutrition or a workout, Joe took the time to explain things to me. The bottom line, in 6 months I dropped over 40 pounds and lost 35+ inches. I still have more to go and will continue with Joe Barket as my trainer. Hopefully maintenance will be as smooth as the losing has been..... - Robin Killino

Also check out  
[jbarketfitness.blogspot.com](http://jbarketfitness.blogspot.com)



Attention Members: Any classes that are offered at the JCC will be available to YMCA members. Also JCC members are welcome to participate in any YMCA class. Questions about JCC classes may be directed to Bill Buzza @ 824-4646 ext. 232

## FEBRUARY 2012

Effective 2/1/12

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		Cycle (YMCA & JCC)		Cycle (YMCA & JCC)			
7:00 AM	Yoga (No class on 2/13)						Cycle (JCC)
8:15 AM	Water Fitness		Water Fitness		Water Fitness		
9:00 AM	Step & Sculpt		Step & Sculpt		Step & Sculpt	Cycle ----- Power Train	
10:00 AM						Ab Lab	
10:15 AM	Cycle ----- Water Aerobics (JCC)		Cycle	Water Aerobics (JCC)	Cycle		
10:30 AM						Step & Kick (2/4 & 18) ----- *ZUMBA® (2/11 & 25)	
11:00 AM	*ZUMBA®	*ZUMBA®	*ZUMBA®	*ZUMBA®	*ZUMBA®		
12:00 PM	Power Train	Cycle	Power Train	Cycle ----- Joe's Free-For-All	Yoga (No class on 2/3 & 2/10)		
1:00 PM			Tai Chi				
1:30 PM		SilverSneakers I Muscular Strength		SilverSneakers I Muscular Strength			
4:00 PM			Pilates				
4:45PM		Step & Kick		Step & Kick			
5:00 PM	*ZUMBA®		*ZUMBA®				
5:30 PM		Cycle ----- Power Train		Cycle ----- Power Train			
6:00 PM			Yoga (No class on 2/1)				
6:00 PM	Cycle ----- *Boot Camp		Cycle	Yoga (JCC) ----- *Boot Camp			
6:30 PM		Ab Lab		Ab Lab			
7:00 PM	Ab Lab		Ab Lab				

**Ab Lab (M & W 7PM)(T & TH 6:30PM) (Sat 10AM)**

This 30 minute class provides an intense, rock solid Ab and Back workout and will compliment your current exercise regimen.

**\*Boot Camp (M, Th 6-7pm) \*PAID PROGRAM\***

Get ready for this group personal training class that will take you through cardiovascular and weight training exercises with some fun and games mixed in as well. Call Joe at 570-823-2191 ext. 112 for package opportunities.

**Evening Boot Camp - Monday and Wednesday 6-7PM**

**Cycle (T,TH 6AM also @ JCC)(M,W,F 10:15AM)(T,Th 12PM)(M,W 6PM)(T,TH 5:30PM) (Sat 9AM)**

Bring our outdoor cycling training indoors with our group cycle class. It provides athletic training to all ages and fitness levels. Please bring a towel and water bottle to class.

**Joe's Free-For-All (Th 12pm)**

A class full of surprises. Some weight training, some boot camp, some cardio, some core action and much more.

**Pilates (W 4pm)**

These mat exercises focus on the core creating a strong, lean body with focus on breathing.

**Power Train (M,W, F 12PM), (T, Th 5:30 PM) (Sat 9:00 AM)**

Pump up your body. Designed to increase strength & muscle endurance with the use of free weights and plate loaded barbells.



### **SilverSneakers® (T,Th 1:30 PM)**

Multi-level equipment based strength and conditioning exercises designed for active older adults. The exercises are designed to improve strength, flexibility and functional activities.

### **Step & Kick (T, TH 4:45pm) (Sat 10:30AM 2/4 & 18)**

A Combination of traditional Step, Cardio Kickboxing and Core Conditioning. A challenging class full of Variety!

### **Step & Sculpt (M,W,F 9AM)**

Movements are performed on and off a step platform with or without risers. This class consists of basic step patterns for the new stepper as well as options for the more advanced participant. Intensity level is determined by speed, travel, and execution of movement. Increase your cardiovascular strength and endurance.

### **Tai Chi (W 1pm)**

Slow flowing movements involving mind and body to promote balance and healthy well being.

### **Water Fitness (M,W,F 8:15 AM) (Water Aerobics @ JCC M & Th 10:15am)**

These classes are a fun and invigorating way to exercise. Most of the classes are conducted in the shallow end of the pool. Classes are enhanced by music, and are designed to stretch and tone the main muscle groups as well as promoting cardiovascular fitness, reduce stress, improve physical appearance and develop a sense of well-being.

### **Yoga (M 7am, W 6pm, F 12pm ) (Th 6 pm @ JCC - Bring own mat)**

Promoting flexibility and strength through body, mind, and spirit. Various breathing techniques and poses will be combined to reduce stress, increase flexibility, and enhance general well-being.

### **\*Zumba(R) (M, W 5:30pm) (W 12pm) (M, T, Th, F 11am) (Sa 2/11 & 25) 10:30am Members -\$1 Perspective Members - \$5**

Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The principle behind Zumba is incredibly simple; get fit and have fun. There are no complicated moves to learn and you don't need the coordination of a standard aerobics class.

**Classes that are continually having less than 6 individuals will be taken off the schedule if participation does not pick-up.**

**Classes are complimentary to members unless noted otherwise. Perspective members have the opportunity to sample a class.**



**CATCH (Coordinated Approach To Child Health)** is an evidence-based coordinated school health program designed to promote physical activity and healthy food choices, and prevent tobacco use in elementary school-aged children. By teaching children that eating healthy and being physical active every day can be fun, the CATCH program has proven that establishing healthy habits in childhood can promote behavior changes that can last a lifetime.

**Mondays - Thursdays 4-5:30PM**

This program is free at the Wilkes-Barre Family YMCA for children aged 6-12 years old with an Youth Membership(\$80/annual), Single parent (\$46/month) or Family Membership (\$76/month).



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## **BODYROCK**

**BODYROCK Membership Program** for Junior and Senior High Schoolers at the Wilkes-Barre Family YMCA from September 2011 through May 2012. membership is \$10 a month (free for 7th Graders).

**Program portion runs Mondays-Thursdays 3:30-5:30pm**



**LINDA REILLY - WELLNESS DIRECTOR**

**570-823-2191 ext. 222**

[linda.reilly@wbymca.org](mailto:linda.reilly@wbymca.org)

[www.wbymca.org](http://www.wbymca.org)

**Check out the Wilkes-Barre Family YMCA on Facebook & Twitter!**

**For Youth Development  
Healthy Living And Social Responsibility**









