

SMALL GROUP TRAINING IS NOW AT THE YMCA

Small Group Training is a great way to achieve your fitness goals. Whether you need a motivation boost, don't know what to do, or simply need to change or intensify your routine, our Small Group Trainers have the expertise to help you succeed. Many times people get in a mental or physical rut and start to plateau in their fitness progress. Just a few weeks of Small Group Training can get their minds and bodies moving forward again.

Small group training consists of 1 trainer and 3-6 clients. Trainers will put together a specialized program for your group, or you can join a pre-existing group that is focused on what you want to do.

Small Group Training Program Options:

- TRX Suspension Training
- Circuit Training/Boot Camp
- Couch to 5K
- Athletic Conditioning
- Sport-specific Training
- Weight Loss

Cost (1 training per week / 8 weeks per session)
Members \$80, Program Associates \$96

Contact Health & Wellness Director Dawn Dorsey at 773-3646 ext 428 for more info.



Steve Roy, one of our Personal Trainers, is teaching some of the Small Group Training Sessions.

“EXERCISE IS MEDICINE”

The Y-Exercise is Medicine Program is a twelve week physician referral wellness program conducted by the YMCA in Greenfield. The referred patients start with a free thirty minute consultation with Y's Exercise Specialist, Dawn Dorsey or Jayne Trosin. Dawn and Jayne evaluate their physical needs and wellness goals to determine the best of five wellness tracks they should start in. Any of the five tracks are twelve weeks long and costs non-members \$99. Support is available using the Sliding Fee Scale chart which can cover up to 70% of the program fee.

The five tracks are Water Therapy/Water Fitness classes, Group Exercise classes, the First Step Fitness program, the Y-Boost program conducted in the Nautilus Center or Diabetes Care Program/ Life Management.

At the tenth week of the twelve week track participants meet with Dawn/Jayne again to discuss how they want to continue their wellness journey.

Whatever track people choose, the Y staff monitors attendance and fitness gains. If attendance wanes, there are follow-up phone calls. All Exercise is Medicine program participants get weekly wellness tips e-mailed to them each of the twelve weeks. Physicians also receive a summary of their patients progress and success at the conclusion of the program.

Ask your doctor for an EXERCISE IS MEDICINE referral.



Dawn Dorsey meets a new Exercise is Medicine member to discuss health issues and a fitness plan.

Top 10 Diseases TREATED or PREVENTED by Regular Exercise

1. Coronary Artery Disease
2. Stroke
3. High Blood Pressure
4. Diabetes
5. Arthritis
6. Osteoporosis
7. High Cholesterol
8. Obesity
9. Depression
10. Cancer