



FITNESS CENTER ESSENTIALS BENEFITS!

- Remove intimidation factor from the fitness center
- Build confidence as you learn to build your exercise routine
- Build relationships and community
- Upon completion you'll be eligible for a 10% discount on personal training!



FITNESS CENTER ESSENTIALS

The Fitness Center Essentials Program is a coaching program that empowers health seekers to take charge of their fitness and feel prepared to use our state of the art equipment while leveraging the power of our teams to create meaningful connections. This program is free for all YMCA members. To learn more and schedule an appointment, speak to a representative at the member services desk.



FITNESS CENTER ESSENTIALS

 NYC LOVES IT





WHAT IS FITNESS CENTER ESSENTIALS?

The Fitness Center Essentials Program is for those who want to get started working out in our Fitness Centers. It's designed for those new to exercising or those who haven't exercised for some time and want instruction, support, and motivation. The Fitness Center Essentials Program is designed to remove the intimidation of the Fitness Center as well as offer guidance on how to create your own structured exercise program with the help of our Fitness Center Coach. The four-week program includes four sessions with a Fitness Center Coach.

During this program you can expect to be familiarized with all of our cardio pieces as well as weight training with our selectorized selection (no free weights). The program offers guidance, motivation, and structure in order to start and stick with a fitness routine. This program is free for all YMCA members. The program goals are as follows:

- Build self-esteem, confidence, and physical competence
- Become at-home utilizing the state-of-the-art fitness equipment in our facilities
- Practice utilizing these cardio and strength training building blocks as you create your exercise program.
- Offer individual support through feedback and encouragement



HOW DO I SIGN UP?

To schedule an appointment, speak to a representative at the member services desk.



EMAIL

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YMCA OF GREATER
NEW YORK