

Youth Development

FITNESS

YOUTH FITNESS

Youth Strength Training (Ages 10-12)

With proper supervision and technique, strength training for kids has been deemed safe and effective and approved by the American College of Sports Medicine and the American Academy of Pediatrics. Benefits obtained by kids participating in a strength and conditioning program include: promotion of a healthy lifestyle, injury prevention, improvement of sports performance, physical fitness and positive self-image. In this fun and educational class a certified personal trainer will guide kids through a cardiovascular, strength and flexibility workout. This class is appropriate for kids who are budding athletes or who are simply looking for a fun and healthy activity. Fitness Center.

**Feb 28–Jun 15 (No class Apr 18 & 20)
Mon & Wed 4:00-5:00p
Members: \$375**

Teen Strength Training (Ages 13-15)

This class is open to teens at any level of fitness and athletic ability. Teens will learn safe and proper techniques of cardiovascular, strength and flexibility training. Classes will be conducted in the Fitness Center and use a variety of equipment. Upon successful completion of program a Youth Fitness Center Pass will be granted which allows the participant to utilize the Fitness Center without Adult Supervision.

**Feb 28–Jun 15 (No class Apr 18 & 20)
Mon & Wed 5:00-6:00p
Members: \$375**

“In Shape” For Teens with Special Needs (Ages 12 and up)

Class will teach cardiovascular and basic weight training for teens with special needs. Class will be taught by a certified personal trainer.

**Mar 3–Jun 16 (No class Apr 23)
Thu 5:00-6:00p
Members: \$280**

FITNESS CENTER YOUTH POLICY

The Westport Weston Family Y is committed to providing health and wellness opportunities for all ages. To ensure the safety of our members, the following policies will apply for youth ages 12 through 15.

Ages 12-13

Must complete one of the following programs and be accompanied by a parent or guardian.

- Three FitLinxx Orientations
- Youth/Teen Strength Training

Ages 14-15

Must be accompanied by an adult or complete one of the following programs:

- Three FitLinxx Orientations
- Youth/Teen Strength Training

FITNESS

WELLNESS PROGRAMS

Massage Therapy

Charlotte Youth, an independent massage therapist, rents space from the Family Y. Call member services x165 to make an appointment.

One hour massage: \$75

Half hour massage: \$50

Non-members pay this plus \$10 Family Y guest pass fee.

Intermediate Yoga for People with MS

Sponsored by the Western CT Chapter of the National Multiple Sclerosis Society. Open to persons with multiple sclerosis. Class meets on Saturday mornings. Free of charge. For more information, class schedule, or to register call 1-800-344-4867. Bresslin Room.
Sat 9:00-10:15a

Cancer Survivor Fitness Program

The Westport Weston Family Y, in conjunction with Norwalk Hospital's Whittingham Cancer Center and the Smilow Family Breast Health Center, have partnered to offer a safe, fun and effective fitness program developed specifically for cancer survivors.

This 12 week program will include cardiovascular and muscle strength exercises. You will improve functional mobility, flexibility and endurance.

Learn effective relaxation techniques while helping reduce cancer therapy side effects. The program is taught by specially trained, certified fitness instructors.

For more information please contact Shelley Moll at 203-226-8981 x198.

MELT Hand and Foot Treatment

The M.E.L.T. Method is a revolutionary approach to pain-free longevity that helps you stay healthy, youthful, and active for a lifetime. Erase pain and tension in your hands, feet and low back brought on by everyday stress, overuse, and age. This simple self treatment can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel syndrome.

For more information please contact Shelley Moll at 203-226-8981 x198.



FITNESS

GROUP FITNESS CLASSES

15 Minutes of Abs

If time is a factor, try our 15 minutes of abs. Class focuses on the core muscles.

15 Minute Yoga Stretch

Basic yoga stretches to improve your flexibility.

Anusara Yoga

A powerful, dynamic, alignment oriented style of yoga. This form is practiced using the body's strength to keep the muscles engaged while stretching. The class uses basic poses with the breath throughout each posture, ending with a nice relaxation piece. It is well suited for the beginner as well as the experienced participant.

Ballet Barre Workout

Traditional ballet class with barre work and center floor practice. Learn fundamental principles, steps, body placement and execution of classical ballet. Acquiring this understanding will help the beginner through advanced dancer improve with ease.

Body Conditioning

A body conditioning class designed to target individual muscle groups. Bands, stability balls, tubes, weights and body bars are used to increase the effectiveness and intensity of the workout. All levels.

Bosu Bars and Balls

Sculpt your upper body, legs, glutes, hamstrings and quads while strengthening your core and improving your balance using a variety of equipment.

Cardio Combo

An intense, fat burning aerobic workout. Class may include some Hi/lo movement as well as use of the step.

Dance Fusion

Elements from many different dance styles blended together to form this aerobic workout. Let the music move you. All levels can enjoy this mind body class.

Feldenkrais

Awareness through movement. Learn to ease pain, improve flexibility, balance and posture.

FFAA (Fitness for the Active Adult)

Enjoy the benefits of exercise in a group setting, designed for the older adult or those looking for a lighter intensity class.

Half and Half

Easy to follow 30 minute low impact aerobic workout followed by 30 minutes of total body toning.

Hatha Yoga

In this class we focus on physical poses (asanas) and breathwork to develop better body awareness, balance, strength with flexibility and become more sensitive to how energy moves through our body. All levels welcome.

Kripalu Yoga

Kripalu Yoga incorporates three stages of development; 1: postural alignment, 2: meditation with longer posture holding, 3: meditation in motion. This integrated process promotes physical healing, emotional development and spiritual awakening. These classes will explore asana (postures), pranayam (breathing techniques), yoga nidra (relaxation) and meditation.

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GROUP FITNESS CLASSES

Pilates Mat

A Pilates certified instructor helps you accomplish physical and mental conditioning through floor exercises performed with specific breathing patterns. Pilates strengthens major muscle groups, improves body alignment, and increases flexibility. All levels.

Pilates Mix

A more advanced class using the Magic Circle and Ballecore Barre. This class will transition from one position to another while focusing on building strong core strength and flexibility.

Spinning

Spinning, an indoor cycling class designed for all ages and abilities, focuses on improving cardiovascular fitness. Ride at your own pace as an instructor guides you on a journey to great music.

Step

High energy all step, from beginning to end. Learn fun choreography to motivating music. Intermediate/Advanced levels.

Stretch & Strength

Light weight body sculpting class with delicious stretches throughout. Beginner/Intermediate levels.

Taiji Shen Gong

A system of gigong composed of three sections: Heaven, Earth, and Humanity. With the practice of this form, you merge with nature and build better health through the transformation of yin and yang. All fitness levels will benefit from its practice. No experience necessary.

Two for One

Two instructors teaching one fun, high energy, non-stop workout. Get your heart pumping and muscles moving. This is a cardio/strength class at 2x the intensity.

Yoga

This ancient art and science is practiced to remain fit, stay healthy or recover health; to balance the nervous system; to calm the mind, and to live in a more meaningful way. Classes focus on stretching, toning, strengthening and making the body more flexible.

Breathing techniques are used to quiet the mind and bring more focus and balance to one's life.

Yoga Dance

People of all ages and levels of dance movement experience will have fun. This holistic approach to movement and dance is inspired by Yoga, Qi Kung, Modern and African dance and mind body centering.

Yoga for All

All ages and levels can enjoy this delightful afternoon class. Increase strength and flexibility while learning proper body alignment and breathing techniques.

Zumba

A dynamic and exciting class full of Latin and exotic music flavors. The class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba is fun, easy, effective and the most exciting workout ever, designed for everyone.

Healthy Living

FITNESS

ADULT FITNESS

Fitness Center

Our Fitness Center includes state of the art strength and cardiovascular equipment and a large stretching area for flexibility and functional exercises.

All new members receive three free FitLinxx® fitness orientations with their membership. Our qualified staff will provide you with an introduction to the equipment in the Fitness Center and design a basic exercise program to get you started. Call the Fitness Center at 203-226-8981 x101 to set up your appointment.

Personal Training at the Family Y

Why Personal Training?

Everyone can benefit from being physically challenged in new ways to remain functional and healthy. If your body is asked to respond to different stimulus it is forced to make acclimations that can result in faster weight loss, more lean muscle mass, better core stability, balance and flexibility.



Maybe you are a beginner and new to the fitness center environment? A personal trainer helps you create a routine that matches your goals. Our personal trainers can help you become familiar with the many options available to you from medicine balls to free weights.

Many intermediate or advanced weight lifters hit plateaus in their workout. A trainer can not only make sure you are doing your current workout in a safe and effective way but can help design a new program to bring you to the next level.

I Already Use the Machines.

Great! You are building a fantastic base to build from. Using machines has proven to be a safe and effective way to exercise. Machines hold your body in a highly stabilized environment and can help you feel healthier and stronger. A personal trainer can infuse your current workout with new and sometimes more challenging exercises. Our staff can help find ways to get some of those muscles you forgot you had working again!

Pre-habilitation or Rehabilitation

Before surgery prepare yourself by strengthening your muscles and increasing your stamina. Post rehabilitation, Y trainers are available to work with doctors or physical therapists to provide a smooth transition from rehabilitation to regular workouts.

If you have any questions regarding personal training or would like to make an appointment please contact Shelley Moll, Director of Health and Wellness at 203-226-8981 x198 or smoll@westportry.org.

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PERSONAL TRAINING

Personal training packages require membership.

Personal Training

Personal Training gets results. It's the best and fastest way to reach your goals. Whether you want to lose weight, get in shape, rehabilitate an injury, improve balance or sports performance, our Certified Personal Trainers make your workouts count and get you results. We'll work with your doctor or physical therapist to provide a smooth transition and get you back on track. Contact Shelley Moll, Director of Health and Wellness at 203-226-8981 x198 or smoll@westporty.org.

1 hour session \$75

10 hour sessions \$650

1/2 hour \$55 (no multiple session discount)



Personal Training for Two

Partners provide incentive, motivation and promote commitment. You and your workout partner meet with a trainer by appointment only. Contact Shelley Moll, Director of Health and Wellness at 203-226-8981 x198 or smoll@westporty.org.

\$125 (no multiple session discount)

Small Group Training

Training in groups can provide members with an opportunity to work out with friends or make new ones. Small group training is a fun, cost-effective option for reaching your fitness goals with the guidance of a certified personal trainer.

4 week session (meets once a week)

Members: \$99

For details, please call Shelley Moll at 203-226-8981 x198.

One-on-One Pilates Instruction

Personalized Pilates Mat instruction using techniques developed by Joseph Pilates. For more information, contact Shelley Moll at 203-226-8981 x198. Sessions are 55 minutes and are by appointment only.

Members: \$75/session

\$650/10 sessions

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One-on-One Yoga

Personalized Yoga instruction where you'll learn to let your breath guide you as you move through traditional poses to build strength, flexibility and balance. Clear your mind, increase your concentration and learn to relax. For more information, contact Shelley Moll at 203-226-8981 x198. Sessions are 55 minutes and are by appointment only.

Members: \$75/session
\$650/10 sessions

Small Group Kettlebell Training

Learn a progressive series of kettlebell exercises to burn fat while increasing aerobic capacity, strength and endurance. Class limited to 4 participants and meets once a week.

Call for dates and times.
4-week session
Members: \$99

Golf Conditioning

This strength and conditioning program is designed to help golfers of all skill levels develop a more balanced, power swing so that they can hit the ball farther, score better, reduce fatigue, avoid injury and have more fun on the course.

This class will focus on core training, resistance training, cardio and stretching with goals of improved strength, flexibility, stamina, endurance and reduced risk of injury.

Mar 1–May 3
Tue
7:00-8:00p

Members: \$185

Tennis Conditioning

This challenging conditioning program will improve your power and speed through sport specific plyometric and agility skills.

Mar 7–May 9
Mon
7:00-8:00p

Members: \$185

GROUP FITNESS CLASSES

See pages 46 and 47 for descriptions of Group Fitness Classes. You may participate in these classes at no additional charge as a benefit to your Family Y membership.

- 15 Minutes of Abs
- 15 Minute Yoga Stretch
- Anusara Yoga
- Ballet Barre Workout
- Body Conditioning
- Bosu Bars and Balls
- Cardio Combo
- Dance Fusion
- Feldenkrais
- FFAA (Fitness for the Active Adult)
- Half and Half
- Hatha Yoga
- Kripalu Yoga
- Pilates Mat
- Pilates Mix
- Spinning
- Step
- Stretch & Strength
- Taiji Shen Gong
- Two for One
- Yoga
- Yoga Dance
- Yoga for All
- Zumba

NUTRITION

Nutrition One on One

Our registered dietician will assist you in developing your own personal nutrition plan and help you achieve your individual goals. Sessions available at your convenience and available for members of all ages. For more information please call Shelley Moll @ 203-226-8981 x198.

One hour session: \$100

5 One hour sessions: \$400

Generation Y: Health and Wellness Program (Ages 10 and up)

Each participant will meet weekly with a personal trainer and registered dietician. This program will promote healthier food choices, regular physical activity and provide techniques and strategies to help make permanent lifestyle changes. Class meets 2 times per week for 12 weeks.

Jan 3–Feb 24

Ages 10-12

Tue & Thu 4:30–5:30p

Ages 13 and up

Tue & Thu 5:30–6:30p

Members: \$320

The Complete Package: One on One Personal Training and Nutrition Counseling

If you're ready to make the commitment, we're ready to get you results. Each week for 12 weeks you will meet with a Registered Dietician and a Certified Personal Trainer. Our professional staff will work with you on your specific goals and needs. This is your opportunity to make positive life changes to look and feel your best.

**For more information please call
Shelley Moll @ 203-226-8981 x198.
Members: \$1695**

Nutrition for New Moms

Motherhood opens the door to a whole new world and your eating habits are no exception. This mini workshop meets twice and focuses on adjusting your nutrition goals to your new lifestyle.

Two (1 hour) sessions will cover topics such as carefully losing baby weight, choosing the right foods while nursing, taking supplements after your prenatal vitamins, adding wholesome recipes to your routine, and balancing it all in an

effort to reduce stress. Women in every stage of motherhood may benefit from this discussion as there will be time allotted for Q&A throughout the hour. (Pre-crawlers welcome)

Jan 18 & Jan 25

Tue 10:30a

Feb 1–Feb 8

Tue 6:30p

Members: \$50

One on One Nutrition: For women in all stages of motherhood

For a truly customized approach, private nutrition consultations are available for women in all stages of motherhood, including expectant mothers or women who are trying to conceive. Private Sessions will concentrate on analyzing your individual body chemistry, medical history, and lifestyle needs to create an exclusive wellness plan. Sessions available upon request at your convenience. Please call Shelley Moll @ 203-226-8981 x198.

One Hour Session: \$100