



ATTLEBORO NORTON YMCA

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

HEALTH & WELLNESS

WINTER/SPRING 2023



Contact information:

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HEALTH & WELLNESS



FULL BODY WORKOUT with LISA

Small Group Training

* ONGOING *

MON/THU 7:45—8:45 AM

DOWNTOWN—Carpenter Gym

This small group training class is split into two segments that will give you a full body workout. On Monday's Lisa will take you through a strength workout designed to hit all the major muscle groups of the body. On Thursday's you will switch gears and focus on more functional and cardio training. The ultimate well-rounded workout!

Y Members,

8 sessions—\$120, 16 sessions \$175

Non-Members,

8 sessions—\$180, 16 sessions \$260

PUSH / PULL with LISA

Small Group Training

* ONGOING *

MON/WED 6:30—7:30 PM

DOWNTOWN—Carpenter Gym

A total body training approach with Mondays focusing on "push" movements, and Wednesday focusing on "pull" movements. You can expect to see improvements in strength, mobility, and conditioning from this balanced approach to training!

Y Members,

8 sessions—\$120, 16 sessions \$175

Non-Members,

8 sessions—\$180, 16 sessions \$260

TEEN ORIENTATION

* ONGOING *

SESSIONS ARE 1x/WEEK—Based on Availability
DOWNTOWN

Is your teen new to working out or just doesn't feel comfortable in the gym? Over the course of a month (4 sessions) your teen will become more comfortable in the gym setting. Week 1 will take them through an equipment orientation, followed by weeks 2—4 which will include safe programming and proper form. This is a great introductory for those teens that just aren't quite sure on what to do in the fitness area. Sessions are once a week based on your schedule, and last 1 hour.

Y Members, \$20/hour

Non-Members, \$40/hours

STRENGTH & GOLF

Small Group Training

Session I: NOV 28-JAN 16

Session II: JAN 23-MAR 13

MON 5:30-6:30 PM

DOWNTOWN—Carpenter Gym

In this progressive 8 week program we will not only get you ready for the golf season, but help you get stronger and hit it LONGER! You will use all kinds of modalities from bands, KB's, Medicine Balls, to dumbbells. You will work on golf specific exercises to help develop the core, and lower body which are important for power and stability. Get ready for the season, and get ready to out drive your playing partners!

Y Members, \$120/Session

Non-Members, \$180/Session

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STRENGTH & CONDITIONING with DEVAN

Small Group Training

* DAYS TBD * 5:00 AM—6:00 AM & 6:00—7:00 AM

Session I: DEC 5—JAN 27

Session II: JAN 30—MAR 24

Session III: MAR 27—MAY 19

DOWNTOWN—Carpenter Gym

Devan is back with his Strength and Conditioning class! This program is a progressive class that will push you to become the best that you can be! Using functional movements, Devan will make you stronger, faster, and that much more confident in yourself. Devan is a firefighter and has a rotating schedule. He will let you know well in advance what days of the week his classes will take place. Classes will be from 5:00—6:00 AM, and 6:00—7:00 AM on the days he specifies in the Carpenter Gym.

Y Members, \$120/Session

Non-Members, \$180/Session

SYNERGY with NICOLE

Small Group Training

WED 7:30—8:30 AM

Session I: DEC 28—FEB 15

Session II: FEB 22—APR 12

Session III: APR 19—JUN 7

DOWNTOWN—Carpenter Gym

This HIIT style class primarily uses circuit strength training to work your entire body, while simultaneously working on your conditioning. Get ready to sweat

Y Members, \$120/Session

Non-Members, \$180/Session

TEEN BOXING with Pauly Small Group Training

WED 3:00—4:00 PM

Session I: JAN 4—FEB 22

Session II: MAR 1—APR 19

DOWNTOWN—Kickboxing Studio

Calling all teens! Come join trainer Pauly in this high energy and engaging boxing class. This is a progressive 8-week class that will teach you the basics of boxing, mitt work, self control, and overall conditioning. This class is for all levels, and a great alternative for a HIIT workout. Come with your friends, and make new ones with Pauly!

Y Members, \$70/Session

Non-Members, \$85/Session

CORE RECOVERY with CORTNEY

Small Group Training

FRI 10:30—11:30 AM

JAN 6—FEB 24

DOWNTOWN—Mind Body Studio

The Core Recovery Small Group training is an 8-week session that focuses on reinforcing the foundational strength, stability, and function of the deep core muscles through education and exercise. This group is designed for women who would like to regain some core function that was lost due to any variety of interruption in exercise: post-partum recovery (whether 6 months or 6 years +), surgery, injury, incontinence, lower back discomfort, working from home, etc.

Y Members, \$120

Non-Members, \$180

HEALTH & WELLNESS



PEDAL & POWER with HOLLY and LISA V. Small Group Training

WED 6:00—7:00 PM
JAN 11—MAR 1
DOWNTOWN—Cycling Studio

This 1 hour class has it all! Cardio, strength, hiit, and so much more! You could be doing intervals on the bike and then be asked to do thrusters or medicine ball slams for time, then hop back on the bike. There will always be a cardio and power piece in every class, but the format will be ever changing. The possibilities are endless in Pedal and Power. With Holly and Lisa V. leading the class, you are sure to get a great workout but have fun while doing it.

Y Members, \$120
Non-Members, \$180

DEKA STRONG TRAINING Small Group Training

SAT 9:00—10:00 AM
Session I: JAN 14—FEB 18
Session II: APR 8—MAY 13
DOWNTOWN

Did you try the DEKAstrong event back in August, and want to improve your time? Or maybe you saw our social media posts about the event, and want to train for it! Well, now is your chance! Not only is this a great workout, but this is a great way to train for your first event or your 10th, and will help you achieve your personal bests. You will be using a combination of the 10 DEKA zones in the event along with other conditioning exercises.

Y Members, \$75
Non-Members, \$135

MIND, BODY & MELODIES Small Group Training

WED 6:30—7:30 PM
FEB 1—MAR 29
DOWNTOWN—Mind Body Studio

Music has a wonderful way of connecting our mind and bodies. By incorporating the methods of yoga and Pilates we will flow, stretch and strengthen all while listening to playlists thru the decades (60s, 70s, 80s, 90s to now!) and different genres (rock, pop, you name it!). This is open to all levels and no experience required!

Y Members, \$120
Non-Members, \$180



DEKA STRONG TANK PULL



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MIDDAY MIND & BODY

Small Group Training

THU 12:15—1:15 PM

FEB 2—MAR 30

DOWNTOWN—Mind Body Studio

This low impact 45min class is meant to rejuvenate and refresh you during your midday break.

Low impact refers to movement that is gentle on the joints or can be performed in a fluid motion. This series of classes will focus on stretching and strengthening the body with focus on core muscles using methods of yoga and Pilates. This class is open to all levels, and no experience is required!

Y Members, \$120

Non-Members, \$180

WRECKED BOOTCAMP

with LISA and NICOLE

Small Group Training

SAT 7:30–8:30 AM

MAY 6–JUN 24

NORTON OUTDOOR CENTER

Are you ready to push your physical fitness to the next level? This challenging full-body workout program incorporates wreckbags, log carries, and the "wall." Whether you are training for your first or your 99th adventure race—or, if you simply want a great work out, this 8-week bootcamp combines cardio and strength training to help get you there! Held at the Norton Outdoor Center, we will also prepare you to tackle the elements in the great outdoors!

Y Members, \$120

Non-Members, \$180

90 DAYS

PROGRAM DATES:

FEB 20–MAY 21

Small Group Trainings

TUE 6:30–7:15 PM

THU 5:30–6:15 PM

SAT 9:00–9:45 AM



This program encourages and empowers you to prioritize your own personal goals for 90 days. With a combination of specialized, small group workouts, one-on-one nutritional consultations, and personal training sessions, our Personal Trainers and Nutrition Coach will provide you with the support and motivation you need to accomplish whatever your goals might be.

We're committed to helping you feel stronger, healthier, more energized, and proud of what you achieve by the end of the 90 days.

Y Members Only, \$399**

**** Ask about our more affordable monthly payment options for 90 Days.****

"The 90 Day Program helped me to stay accountable for my workouts, while providing me with the motivation and intensity I needed through one-on-trainings and small group workouts. Workouts were at my level and I felt entirely supported and pushed to new heights. The nutritional consultations also provided me a valuable tool I continue to carry with me."

~ Jeff L., 90 Day Program Participant

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