

The Cole Center Family YMCA Fitness Center

The Cole Center Family YMCA features a state-of-the-art 3,100 square foot fitness center with the following features:

- 1/13 mile Walking/Jogging Track
- 16 Cybex Selectorized strength training pieces
- Assorted Cybex plate-loaded strength training pieces
- Multiple station cable crossover
- Complete free-weight training area including flat, incline, and decline benches, a full assortment of rubber-coated weight plates and dumbbells, olympic straight and E-Z curl bars, a squat rack and a smith machine
- Designated abdominal training area
- Medicine balls, jump ropes, and resistance bands
- 9 treadmills

Cole Center Family YMCA Mission



To put Christian principles into practice through programs that build healthy mind, body, and spirit for all.

YMCA Health & Wellness is more than just the fitness center.....

There are many paths to a healthier you, and your YMCA gives you a lot of options to choose from. We offer the latest in mind-body exercise, classic and cutting-edge group wellness, specialty dance classes, personal fitness consultations and training that take all of the guess work out of your exercise program, and our Women's Circuit Room, a members-only facility dedicated solely to women's fitness. Be sure to check our seasonal flyer for times, dates, and prices.

Questions? Feel free to contact Health and Wellness Director Rob Imber at 347-9622, or e-mail him at yfitness@mchsi.com



Cole Center
Family YMCA

Health and Wellness Programs and Services



Group Exercise Classes
Specialty Wellness Classes
Personal Wellness Services
Please refer to our seasonal flyer for current prices and program dates

*Check out our website at
www.coleymca.net*

Core Group Exercise

Yoga Improve muscle tone and reduce bodyfat through yoga! Our yoga classes involve doing a flow of low-impact exercises and proper breath work to balance your mind, body and spirit. Starter, Mixed, and Advanced level classes are all available.

Power Core Ready for a workout? This class will test you and help take your level of fitness to a new level. Kellie uses a variety of techniques in each class to strengthen, tone, and add flexibility to your entire body.

Basic Step Combo Perfect class for the beginning exerciser! Focuses on basic step combinations for cardiovascular conditioning and body fat loss, and tubing, bands, balls and hand weights for total body strengthening and muscle toning. We will also do core work to shape up the abdominals and lower back.

Step & Sculpt This class focuses on fun step routines that will provide a challenging cardiovascular, fat-burning workout and a variety of resistance training tools like tubing, bands, balls and hand-held weights to strengthen and tone your muscles from head to toe. Vigorous core work for the abdominals and lower back will also be included. For intermediate to advanced exercisers.

Fit for Life Partner-up for a workout in our fitness center that will firm up your muscles, burn fat, and improve your overall conditioning. A number of resistance and cardiovascular training techniques will be used to keep these workouts fresh and challenging. Beginners as well as advanced exercises are welcome!

Muscle Works A 3-day per week total body strength training class that will firm you up from top to bottom. Gwen will use a variety of techniques, music and resistance tools to give you a unique, fun and productive workout. Appropriate for all fitness levels.

Abs Blast Work your core like never before! 30 minutes of nothing but abdominals to shrink and firm up your waistline. All fitness levels welcome.

Morning Stretch Reduce stress, lower your risk from training injuries, and improve the productivity of your workouts with our brand new 30 minute total body flexibility program!

Specialty Wellness Classes

Drums Alive Using rhythm as the source of inspiration to discover a new group fitness experience Drums Alive® combines the benefits of a traditional fitness program with the benefits of music and rhythm. Drums Alive® is a program that fosters a healthy balance physically, mentally, emotionally and socially and it provides an element of fun and creative expression.

Zumba Too fun to be called "exercise"! Based on Latin music and dance, the movements are designed to be fun and easy to do while giving you a tremendous workout. We offer several different types of Zumba classes. Please see our seasonal program flyer for current offerings. Everyone at every level of fitness is welcome!

Get Real Weight Management Get Real is a down-to-earth, common sense approach to weight management that focuses on attitude, self-image, self-empowerment, exercise and nutrition. Get Real emphasizes the importance of achieving a healthy weight by maintaining a healthy lifestyle. The program is meeting-based, involving journaling diet and exercise habits, class discussion and support.

Ballroom Dancing Learn a graceful dancing discipline and get a low impact workout at the same time. This is a great class for any age that will improve your coordination while teaching you how to waltz, tango and cha-cha (and many others). Bringing a partner is required.

Clogging Clogging is an American folk dance similar to tap. Although traditionally done to country and bluegrass styles of music, clogging now is frequently performed to any form that has a fast tempo including pop, hip-hop, and rap. Health benefits that go along with consistent participation in the class include stress reduction, increased coordination and flexibility, and improved cardiovascular conditioning.

Silver Sneakers

Muscle Strength and Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and /or standing support. This class is specifically designed with older adults in mind. **Free for our senior members!**

Personal Wellness Services

*Inquire for pricing and scheduling of the following services at our courtesy desk.

Program Design If you are new to exercise or someone who is looking for a new challenge in your exercise routine, program design is just what you need. Let our fitness staff design a workout that will address your specific needs and put you on the path to success. **Free for our members!**

Fitness Assessment This is a 30 minute test that will assess five categories of physical fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.

Body Composition Analysis Scale weight is a poor way to assess your health. A body composition test is a much better method because it reveals how much of your weight consists of good lean tissue and how much is fat tissue. **Free for our members!**

Personal Training Need some motivation? A personal trainer might be just the solution you need. A good trainer can help you stop doing the things that don't really work, plan and execute your workout in less time while maximizing the benefits. Let one of our qualified personal trainers give you the motivation and direction you need to get the results you want.

Women's Circuit Room The Women's Circuit Room features multiple exercise stations done in sequence to give you a complete 30 minute cardiovascular workout. As part of the program, we offer an initial physical assessment and track your progress as you work toward your goals.