

GROUP EXERCISE

Ages: 15+

One of the best benefits you have as a member of the YMCA is access to all our group exercise classes. We offer a variety of options from cycling and water fitness to the latest group fitness sensations. Visit one of our group exercise classes and be part of something big!

Cost: Free to members



NUTRITION CONSULTATION

Ages: 10+

This one-hour individual consultation with our fitness director is designed to help you reach your health and wellness goals through evaluating your current nutrition habits. Weight and body composition may be assessed, upon request. Receive a customized eating plan based on your specific goals. Follow up meeting will be scheduled after consultation. Advanced registration is required.

Member: \$45

Potential Member: \$67.50



SUMTER FAMILY YMCA
510 Miller Road
Sumter, SC 29150

Phone
803.773.1404

Website
YMCASumter.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH & WELLNESS PROGRAM OVERVIEWS



YFIT PROGRAMS

Ages: 15+

Consider making a long term change to your lifestyle with us. The YFIT programs were designed by a certified nutrition specialist to provide opportunities for everyone to improve their health and quality of life as well as reduce and prevent health risks. Knowing that no amount of exercise can undo a poor diet, participants are empowered through education with the knowledge and tools to improve their quality of life. Visit our website or member service desk to learn more about these programs.

Cost: Varies

YMCA MOBILE APP

Ages: any

Our mobile app puts all the tools you need for a healthier lifestyle right in the palm of your hand. With the app you can:

- Register for programs
- Track your workouts and participate in fitness challenges
- And have a direct link to our website and social media pages
- Pool and Kidscape reservations
- Fit Plans

Find us in the app store by searching key words: Sumter Family YMCA

EXERCISE IS MEDICINE

Ages: 15+

Exercise is Medicine is a program to assist you from physical therapy to individual training. With a physical therapist referral, members can enter into the program at no cost. During this time, you will working with an orthopedic exercise specialist to continue the work you started at physical therapy. You will meet twice a week for 3 weeks and then move to once a week for an additional 3 weeks.

Cost: Free to members

ACTIVETRAX

Ages: 15+

The Sumter Family YMCA Mobile App has the capability to send your workouts weekly! You can request one of three types of fitness plans: Core/Cardio, Free Weights, or Resistance Machines. These 19-week fitness plans are designed to help you on your wellness journey.

Cost: Free to members



MOTIVATION AND ACCOUNTABILITY

Our personal trainers can personalize your workout and start you on the road to better health.

Training on your own can be overwhelming or a little dull. Get the help of our personal trainers and see how training can transform your life. You can also experience some of the great benefits of having a seasoned trainer on your side.

- Personalized Programming
- Accountability and Motivation
- Proper Technique and Form
- Progress Tracking
- Injury Prevention/Rehabilitation
- Flexibility Meeting Times
- Variety of Exercises
- Overcome Plateaus

Cost per hour session: Member: \$35 Potential Member: \$52.50



YFIT START

Ages: 15+

Once you have joined the YMCA it is time for you to take the first step toward a healthier lifestyle. Our orientation is a great way for you to learn what is offered at the Y and what path to take to help you reach your health and fitness goals.

Cost: Free to members



INBODY BIA TEST & CONSULT

Ages: 15+

Take your health and fitness management program to the next level. This body composition analyzer provides comprehensive muscle and fat diagnosis that is essential in monitoring health. Various body composition outputs are provided on the single-paged InBody Results Sheet. See changes in your body composition by getting tested every 12 weeks.

Member: \$0

Potential Member: \$15