

WOMEN ON WEIGHTS

Ages: 15+

This small group training is designed for teaching proper technique and form for lifting movements in the weight room. Participants will work on building lean muscle to aid in weight loss and strength development. This is a 6-week class that will meet 2 days a week.

Cost: Free to members



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH & WELLNESS PROGRAM OVERVIEWS

YFIT PROGRAMS

Ages: 10+

Consider making a long term change to your lifestyle. This 3-tier purpose driven YFIT program was 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

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



FITNESS ASSESSMENT

Ages: 15+

Let us help you be your best! You can't reach your goals without knowing where to start. A Fitness Assessment is the beginning of your road to achieving the results you want. An assessment includes:

- Body Composition Analysis
- Blood Pressure
- 3-Minute Step Test
- Muscular Endurance Test
- Muscular Strength Test
- Flexibility Test

Member: \$10

Potential Member: \$15

TRANSITION FITNESS

Ages: 15+

Transition Fitness 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 be 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

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: \$10

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: \$30 Potential Member: \$45



WELLNESS ORIENTATION

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



ACTIVETRAX

Ages: 15+

This appointment is designed specifically for members who want to incorporate resistance training in their exercise routine. Our Fitness Staff will discuss your goals and help you set up your ActivTrax profile. This profile is a service that will help create a program that is right for you. The Fitness Staff will make sure you are comfortable using the equipment properly. Come dressed to workout.

Cost: Free to members