



SIGN UP FOR ACTIVATE BROWARD IN OCTOBER

Activate Broward is part of a national YMCA initiative to encourage YMCA members, employees, volunteers, businesses, and partners to increase their daily activity and embrace a healthy lifestyle. YMCA staff will encourage participants to increase their daily activity by tracking steps using a pedometer and tracking form throughout the month of October. In addition, each participant will receive informative and educational emails every week during the program. Upon completion of the program participants will receive an Activate Broward T-Shirt. Join our team.

EQUIPMENT & EXERCISE ORIENTATION - FREE

Need to make sense of what goes on in the Wellness Center? We encourage every member to schedule an appointment for a one-hour personal tour. We will create a basic exercise prescription just for you utilizing the key muscles of the body. We will also show you how to set up and use each piece of equipment, based on your height, weight, and current fitness level. This is a FREE service to members. Appointments are necessary and can be scheduled at the [HEICO Wellness Center](#).

YOUTH EQUIPMENT & EXERCISE ORIENTATION - FREE

This orientation is required for our members ages 11-13 years (recommended for members ages 14 - 17) who would like to utilize the Wellness Center. This class explains the Rules and Etiquette of the Wellness Center, proper use of the cardio equipment, and for youth who have reached a height of 5ft., select strength exercises on our weight training equipment. **Parents must attend this orientation with their child ages 11 - 13.** Appointments are necessary and can be scheduled at the [HEICO Wellness Center](#).

KID FIT JR. ORIENTATION - FREE

This orientation will teach you how to check out and use the Fit Kid Jr. workout system. This is an alternative program for parents who want to work out with their children. It is especially designed for those under age 11, who have limited access in the Wellness Center. The workout is a circuit in the form of a game. The workout should last about 30 minutes and is to be completed on the track, gym floor, or playground. **Parents must attend the orientation.** Appointments are necessary and can be scheduled at the [HEICO Wellness Center](#).

FITNESS ASSESSMENTS

You need to know where you are, to get where you want to be. Find out about your personal cardiovascular fitness, muscular strength, muscular endurance, flexibility and body composition. Great as a baseline measurement for those just getting into a fitness routine or as a check up for those wishing to hone their skills. Appointments for couples also available. Appointments must be scheduled in advance.

COST: \$25 Members

GET ON TRACK

Utilize the Indoor Track with the assistance of a Personal Trainer. A workout that is a timesaver when you get cardio and strength in one 30-minute workout.

PROGRAM DAYS: Mondays

TIME: 8:30 a.m. - 9:00 a.m.

REGISTRATION: No registration necessary. First come, first served. Available to the first 8 members.

COST: FREE for Members

HIGH SCHOOL & MIDDLE SCHOOL SPORTS CONDITIONING

Give your teen the educational and physical advantages to compete on a higher level than they can attain with school practices alone. We would like to give your aspiring athlete the information and practice in correct weight training and proper exercise technique. Taught by our Personal Training staff, athletes will learn the many components of physical fitness and how each plays a vital role in sports. Mastery of training will allow your teen to go into the competitive season in shape and ready to focus on strategy of play.

PROGRAM DAYS: Tuesdays and Thursdays

TIME: 5:00 p.m. - 6:00 p.m.

SESSION DATES: September, October, November, December

COST: \$55 Members
\$85 Non Members

MASSAGE THERAPY

State of Florida License #MM21217

Take away the stress of the day with a 30 or 60 minute session of your choice. Appointments must be scheduled in advance.

- Neuromuscular medical
- Trigger point
- Deep tissue
- Swedish
- Others available upon request

Relax & Rejuvenate Today!

COST: \$35/30 min \$65/60 min Members
\$45/30 min \$75/60 min Non-Members

PACKAGES: Members Only
Three 60-min sessions \$190
Five 60-min sessions \$310

*All packages can be split into 1/2 hour sessions upon request.

MOMMY & ME CARDIO CIRCUIT **NEW!**

Enjoy quality time with your little one while you get a good workout. Indoor class includes portions of cardio and toning. All fitness levels welcome. For children 6 weeks to 18 months. *Stroller required.*

DAYS: Tuesdays

TIME: 9:00 a.m. - 10:00 a.m.

SESSION DATES: September, October, November, December

COST: \$20 Members

PERSONAL TRAINING

Working with a Personal Trainer helps you improve your current level of fitness by designing a personalized comprehensive program based upon your health and fitness goals. You will find the benefits derived from working with your Personal Trainer will have a positive effect on all areas of your health and wellness.

Training sessions can be one-on-one. Try buddy sessions or small group training a 2:1 or 3:1 ratio.

PERSONAL TRAINING/CONSULTATION FEE PACKAGES:

	Members Only	Buddy Session	Small Group (3 people)
One 60-min session	\$40	\$50 (\$25 each)	\$60 (\$20 each) NEW!
Three 60-min sessions	\$105 (\$35 each)	\$144 (\$24 each)	\$162 (\$18 each)
Five 60-min sessions	\$165 (\$33 each)	\$220 (\$22 each)	\$255 (\$17 each)
Ten 60-min sessions	\$300 (\$30 each)	\$400 (\$20 each)	\$450 (\$15 each)

*All packages can be split into 1/2 hour sessions upon request.

Y PERSONAL FITNESS 12-WEEK PROGRAM **NEW!**

Find out more about this program at the informational workshop on **August 24th at 7:00 p.m.** Let us guide you through your first 12 weeks. Enjoy a small group session every 3 weeks to keep you on track. In just 4 classes, you will make a commitment to health, create a consistent routine, create a support network, learn how to use the equipment and have fun.

PROGRAM DAYS: Mondays at 6:00 a.m.
Wednesdays at 4:30 p.m.
Fridays at 7:00 p.m.

SESSION DATES: Week of August 31 - Week of November 20

COST: \$60 Members

W.O.W. Women On Weights

The muscular strength in women declines following age 25, with a 10% loss from 25 to 50 years of age. During a lifetime, one could lose up to 40% of muscle mass! Let us empower you with knowledge to fight back. This eight week program will teach you the exercises, the vocabulary, and the equipment types giving you the tools for success. When you have completed the class you will be able to write your own program and know how to change it to create different results. Taught by women, for women 18 years and up.

DAYS: Fridays and Saturdays

TIME: Fridays 11:00 a.m. - 12:00 noon or 5:00 p.m. - 6:00 p.m.
Saturdays 11:00 a.m. - 12:00 noon

REGISTRATION: October 1st

SESSION DATES: October 10 - November 14

COST: \$60 Members

WOMEN'S SELF DEFENSE

A series of classes that is split into 3 segments. The first session covers defensive chokes and offensive punches. The second session covers offensive kicks and defensive blocks. The third session covers ground/rape prevention defense and gun defense.

AGES: 18 years old and up

DAYS: Wednesdays

TIME: 7:30 p.m. - 8:30 p.m.

SESSION DATES: Session 2: September 2 - October 7
Session 3: October 28 - November 18
(Session 1 will be offered again at the beginning of 2010)

COST: \$35 Members
\$50 Non Members

Register Now!

BABY DANCE & YOGA **NEW!**

This class is for parents and their new additions to the family. 20 minutes of dance carrying baby on your stomach with soft, rocking movements, slow technique and strengthening exercises. 20 minutes of power yoga with baby on yoga mat, 20 minutes together with your baby on the mat. A perfect class to spend intimate time with your baby and getting your body back in shape.

AGES: 6 week - 10 month old babies and their parent

DAYS: Thursdays

TIME: 11:15 a.m. - 12:15 p.m.

REGISTRATION: September, October, November, December

SESSION DATES: September, October, November, December

COST: \$20 Members