

Over the next few months you'll be seeing some exciting updates at the Y - from new equipment in the Wellness Center to new Group Exercise classes and fitness offerings. **No matter what you're looking for - you can get it at the Y.**

Get Answers with the 8-WEEK BODY PROJECT. This program is for women looking for real, lasting change and will provide participants with the tools they need to accomplish their goals.

Get Energized with Personal Training. Our National Certified Personal Trainers work with all fitness levels and will design an individualized workout plan to fit your health, fitness, and performance needs.

Get Fit with TRX. Total Body Resistance Exercise (TRX) works against gravity with hundreds of different exercises. Your core is engaged with each movement, giving you a total body workout every time.

Get Geared Up with SYNRGY360. New to our Wellness Center, this complete workout station allows multiple users to perform a limitless number of exercises at once.

Get Healthy with Healthy Ways. If you are part of the 1/3 of American adults who are obese, let Healthy Ways help. You'll be educated, motivated and inspired to create lasting change.

Get Lean on new stretching mats. Stretching can boost the positive effects of exercise! The more you stretch, the more benefits your body and your mind will receive.

Get Motivated in small group training. Small Group Training combines the camaraderie of a Group Exercise class with the one-on-one coaching of a Personal Training session.

Get Pumped with LesMills BODYPUMP™. Anyone looking to get lean, toned and fit will leave this class feeling challenged and motivated, ready to come back for more.

Get Strong with new free weights. Our new free weights will make your workouts more efficient, improve your balance, and reduce your risk of injury.

Get With It

