

Personal Training Become another YWCA success story by working with one of our trainers. A trainer's guidance and motivation will go a long way in helping you reach your health and fitness goals.

Personal Training	Single		5 Pack		10 Pack	
	mbr	non	mbr	non	mbr	non
30 minutes	\$40	\$55	\$175	\$225	\$340	\$390
45 minutes	\$55	\$75	\$250	\$300	\$470	\$525
60 minutes	\$65	\$85	\$300	\$350	\$520	\$575
Group Personal Training			5 Pack			
Small Group (3-4 people) 30 minutes each class			mbr	non		
			\$100	\$150		

Fitness Center Hours

Monday-Thursday	6:00 am - 8:00 pm
Friday	6:00 am - 7:00 pm
Saturday-Sunday	8:00 am - 2:00 pm

You are responsible for notifying the Fitness Department within 24 hours if you are unable to make your session. Failure to do so will result in the session being counted as used. All sessions must be used within 6 months of purchase. No refunds are issued on personal training.

Adult Health & Wellness Classes

Spring Session Starts: March 20, 2017

No classes dates: April 10 - 16, May 27 - 29

Tai Chi for Arthritis

This evidence-based program is offered for individuals with arthritis as part of the New York State Department of Health Older Adult Fall Prevention. Tai Chi is an ancient Chinese practice that combines slow continuous movement with deep breathing. Tai Chi has been shown to increase strength, balance and posture; assist in preventing falls; reduce stress; and increase relaxation.

Tuesdays/Thursdays 9:30 - 13:00am \$120 / \$144 Mar 14 - May 2, 2017

Weight Training Classes for Men and Women

Stop the degenerative loss of muscle related to aging. It is never too late to regain lean muscle mass! Work on regaining strength in the upper and lower body, improve joint health, increase bone density, enhance balance and increase flexibility. Men and women can improve physical fitness at any age!

Tuesdays 10:00 - 11:00am \$260 / \$299 Mar 21 - June 13, 2017

Adult Afternoon Yoga

Stretch and strengthen while reducing stress. Instructor, Chris Glover.

Mondays 12:45 - 2:15pm \$ 242 / \$ 286 Mar 21 - June 13, 2017

Fridays 12:45 - 2:15pm \$ 264 / \$ 312 Mar 24 - June 16, 2017

Breast Cancer Health & Wellness Program

The YWCA is pleased to offer this unique program for those managing life with breast cancer. Starting April 2017, we will offer classes and workshops aimed at providing a gentle holistic approach to fitness during all phases of the breast cancer journey. Whether you are newly diagnosed, currently in treatment or post-treatment, getting regular exercise is important for your continued health.

Yoga, Tai Chi and Meditation

Visit our website for class listings.

Call for more information: (914) 949-6227 x208 or email: akatz@ywcawpcw.org

Adult Karate

The YWCA has partnered with Westchester Karate to bring the traditional Okinawan Goju-Ryu Karate. Instructors: Chris Graham, Roko-Dan Sixth Degree Black Belt, Ni Dan Second Degree, Go Dan Fifth Degree; and Debbie Batterman, Yon Dan Fourth Degree.

Mondays & Thursdays 7:30 - 9:00pm
Wednesday 7:30 - 9:30pm

Pricing:	member	non-member
1 month	\$ 130	\$ 150
3 months	\$ 350	\$ 410
6 months	\$ 650	\$ 770
9 months	\$ 945	\$ 1,125
12 months	\$ 1,200	\$ 1,400

Adult Fencing

(For ages 13+) Sheridan Fencing Academy of Westchester LLC brings their unique program to the YWCA. Students advance through program curriculum by taking periodic tests and assessment of skills.

Tuesdays 7:30 - 9:30pm AFT1FN
Saturdays 12:00 - 2:00pm AFS1FN
Sundays 10:00 - 12:00pm AFU1FN

Pricing:	member	non-member
1 class/wk	\$ 585	\$ 689
2 classes/wk	\$1,000	\$1,200
3 classes/wk	\$1,400	\$1,500