



# fitness programs

Winter 2018

## WINTER PROGRAM GUIDE

AT YWCA WHITE PLAINS & CENTRAL WESTCHESTER

eliminating racism  
empowering women

**ywca**

White Plains & Central Westchester

## Fitness Center Hours

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



## 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!

<b>Tuesdays</b>	10:00 - 11:00am	*no class 12/26, 2/20	\$260/\$299
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## Adult Afternoon Yoga

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

<b>Mondays</b>	12:45 - 2:15pm	*no class 12/25, 1/1, 1/15	\$242/\$286
<b>Fridays</b>	12:45 - 2:15pm	*no class 2/23	\$286/\$338

## Youth Boot Camp (in Gymnastics)

Join us in this interactive class where our youth participants will practice their jumping, running, balance, stretching and most importantly their listening skills with our instructor. Youth boot camp will help your youngster meet new friends and hang out with his peers. This introduction class is meant for school age children (5-8).

<b>Mondays</b>	6:15 - 7:15pm	*no class 12/25, 1/1, 1/15	\$176/\$208
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## Adult Fencing

(For ages 18+) Sheridan Fencing Academy of Westchester LLC brings its unique program to the YWCA. Students advance through program curriculum by taking periodic tests and assessment of skills.

<b>Tuesdays</b>	7:30 - 8:30pm	\$99 per month
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## 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, Sensei Chris, Sensei Debbie; and Debbie Batterman Go-Dan (Fifth Degree) Backbelt.

<b>Mondays &amp; Thursdays</b>	*no class 12/25, 1/1, 1/15, 2/22	7:30 - 9:00pm
<b>Wednesdays</b>	*no class 2/21	7:30 - 9:30pm

<b>1 Month</b>	\$130/\$150	<b>9 Months</b>	\$945/\$1,125
<b>3 Months</b>	\$350/\$410	<b>12 Months</b>	\$1,200/\$1,400
<b>6 Months</b>	\$650/\$770		

## 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	\$200	\$340	\$370
45 minutes	\$55	\$75	\$250	\$290	\$470	\$510
60 minutes	\$65	\$85	\$300	\$350	\$520	\$550
Group Personal Training			5 Pack			
Small Group (3-4 people) 30 minutes each class			mbr	non		
			\$100	\$125		

\* Please notify 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.

## Foundations of Mindfulness & Meditation

In this meditation course you will be introduced to mindfulness techniques gleaned from various lineages. Practices will cover visualizations, energy awareness, focus, concentration and breathing meditations, to relieve stress and cultivate balance. Class time includes group practice, philosophical study, and guided group discussions. This interactive course is designed to empower students to begin or strengthen their personal meditation practice.



**Fridays**

7:30 - 8:30am

\*no class 2/23

\$143/\$169

## FREE Holistic Wellness for Breast Cancer Patients and Survivors

YWCA White Plains & Central Westchester is committed to health and wellness for all individuals and is pleased to offer this unique programs for those managing life with breast cancer. Classes and workshops, developed by certified instructors, help provide support during all phases of your breast cancer journey — whether you're newly diagnosed, currently in treatment, or post-treatment— getting regular exercise is important for your continued health.

Our instructors' gentle holistic approach, combined with modified techniques, are powerful tools used in managing the daily challenges, side effects, and life-long vulnerabilities of cancer treatments.

### Meditation, Yoga, and Tai Chi

Inspired? If you're currently undergoing treatment for breast cancer or if you're a survivor, ask your doctor if you are healthy enough to take a yoga, Tai Chi, or meditation class.

<b>Meditation</b>	Wednesday	*no class 2/21	7:15 - 8:15pm	FREE
<b>Tai Chi</b>	Tuesday	*no class 12/26, 2/20	7:15 - 8:15pm	FREE
<b>Tai Chi</b>	Wednesday	*no class 2/21	6:15 - 7:15pm	FREE

To learn more or register for classes, please contact: Ned Corona at 914-949-6227 ext. 208 or email [ncorona@ywcawpcw.org](mailto:ncorona@ywcawpcw.org)

### Workshop Series

As part of our commitment in supporting individuals with breast cancer, the YWCA will offer workshops provided by certified nutritionists, leading hospitals, and other medical professionals.

- Understand Nutrition and Healing
- Navigating Through the Medical System
- The Truth About Cancer Supplements, Diet, and Nutrition
- Lifestyle Changes for a Healthier You

\* This program is supported in part with funds from the State of New York.

## Encore Plus

Office (914) 949-6227.....ext. 208

With funding from the Westchester County Department of Senior Programs and Services, Encore Plus empowers women to become active, responsible participants in maintaining their health. Stressing the life-saving potential of early breast cancer detection, the program provides education and referrals for mammograms to low-income or under-insured women over 40.

For information about our next seminar or to request a presentation at your site, please call the Program Office.





YWCA is just what you're looking for! We offer a friendly, co-ed, low-key atmosphere where everyone can feel comfortable. Our staff is always available to answer questions about the equipment or help you find an exercise that works for you. In our spacious Dance Studio, we offer a variety of group exercise classes that are taught by experienced and caring instructors. Class sizes are small, so you are sure to receive lots of personalized attention.

Speak with your doctor first. We highly recommend that you check with your physician before beginning any exercise program (medical clearance may be required in some cases).

	ALL ACCESS PLAN		FITNESS ROOM		SWIM PLAN	
	MONTHLY	3 MONTHS	MONTHLY	3 MONTHS	MONTHLY	3 MONTHS
<b>Individual:</b> 18+; women and men	\$37.00	\$200.00	\$30.00	\$150.00	\$30.00	\$150.00
Youth: 17 and under; full time students	\$21.25	\$175.00	\$17.50	\$150.00	\$17.50	\$150.00
Family: Includes 2 adults and 2 children; immediate family only	\$92.50	\$400	\$52.00	\$350.00	\$58.75	\$350
Individual and 1 (one) Child					\$37.50*	
Individual and Spouse	\$67.00	\$250.00				
Joiners Fee: Individual	\$50.00		\$50.00		\$50.00	
Joiners Fee: Family	\$125.00		\$100.00		\$100.00	
Daily One Day Pool Pass: Includes fitness center, pool, group exercise classes (excludes fee based.)	\$15 members \$20 non members					
Guest of YWCA Member Pass: Includes fitness center, pool, group exercise classes (excludes fee based.)	\$15 (up to 3 guests max.)					
Veterans Discount:	Contact our Membership Office for more information at 914-949-6227 x 208					

**Benefits:** Feel and look better as we provide the environment to reach your health and fitness goals: weight loss, muscular development, and overall health management. You will have access to fitness equipment, group exercise classes as well as pool for open and lap swims. Our professionals encourage and help you stay motivated. This is a great low-key facility that allows you to spend time with friends and family and make new fitness-minded friends.

- Use of Fitness Center
- Use of Pool during scheduled public swim times
- Weekly Group Exercise classes water and land (except fee-extra classes)
- 25% off yoga & weight training
- One (1) free 30-minute Personal Training Session (one time only)
- YWCA Program Membership included

- Use of Fitness Center
- One (1) free 30-minute Personal Training Session (one time only)
- YWCA Program Membership included
- Children ages 12-15 must be accompanied by an adult at all times

- Use of Pool during scheduled public swim times
- Water based Group Exercise classes
- YWCA Program Membership included
- \*Individual and 1 Child Annual Pool Plan for children up to age 12
- Child Only Pool Plan for ages 6-17



# youth karate & fencing

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# Get Fit With Us!

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## Youth Karate

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**\$33 per class member/ \$37 per class non-member**

<b>Mondays</b>	Ages 5-12	5:30 - 6:30pm	YFM1KP	*no class 12/25, 1/1, 1/15	\$363/\$407
<b>Wednesdays</b>	Ages 5-12	5:30 - 6:30pm	YFW1KP	*no class 2/21	\$429/\$481
<b>Thursdays</b>	Ages 5-6	4:30 - 5:30pm	YFH1KP	*no class 2/22	\$429/\$481
<b>Thursdays</b>	Ages 5-12	5:30 - 6:30pm	YFH2KP	*no class 2/22	\$429/\$481



## Youth Fencing

We are pleased to continue our partnership with Sheridan Fencing Academy, which has trained many top fencers including the 2016 NCAA Champion and the 2013 Junior World Champion. Coaching staff includes Jason Sheridan, the only American to complete the prestigious fencing master program at the Academy of Physical Education in Katowice, Poland.



Youth Program Ages 6 - 8				
<b>Tuesdays</b>	one class per week	4:15 - 5:15pm	\$160 per month	no class 12/26, 2/20
<b>Fridays</b>	one class per week	4:15 - 5:15pm	\$160 per month	no class 2/23
<b>Saturdays</b>	one class per week	9:30 - 10:30am	\$160 per month	no class 12/16
<b>Unlimited Classes</b>	follows schedule above	follows schedule above	\$275 per month	
Youth Program Ages 9 and up				
<b>Tuesdays</b>	one class per week	5:15 - 6:15pm	\$175 per month	no class 12/26, 2/20
<b>Fridays</b>	one class per week	5:15 - 6:15pm	\$175 per month	no class 2/23
<b>Saturdays</b>	one class per week	12:00 - 1:00pm	\$175 per month	no class 12/16
<b>Sundays</b>	one class per week	9:30 - 10:30am	\$175 per month	no class 12/17
<b>Unlimited Classes</b>	follows schedule above	follows schedule above	\$299 per month	
<b>Unlimited Classes</b>	follows schedule above	follows schedule above	\$420 per month	
<b>+1 private lesson per week</b>				
<b>Unlimited Classes</b>	follows schedule above	follows schedule above	\$540 per month	
<b>+2 private lessons per week</b>				
<b>Unlimited Classes</b>	follows schedule above	follows schedule above	\$660 per month	
<b>+3 private lessons per week</b>				

## Pre-School Fencing

Get your young musketeers started with a fun and safe introduction to their favorite sport. Our 4-5 year old classes are filled with fun games and play that help your child develop the motor skills and concentration they will need to excel in anything.

Designed especially with the youngest fencers in mind, this program uses safe plastic sabers that are light and easy to handle, allowing the kids to explore their new sports in a way that's perfect for their needs. Kids in this program run, jump and play as they develop their coordination, balance and strength while they swordplay.

**Wednesdays** Ages 3 1/2 - 5 4:15 - 5:00pm \$99 per month





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