

PERSONAL TRAINING We build strong kids, strong families, strong communities.

Whether you are training for a specific goal, or just want extra support, our team of personal trainers will design a program that is suited for your personal goals. We will increase your motivation, teach you new techniques and keep your workout fresh.

Personal Training Packages Available

- Kick Start Package
- Total Body Package
- Kinesis Trainer Packages
- Partner/Group Packages
- Frequent Buyer Package
- Elite Athlete Package

For prices and more information call 724-934-9622 x20 or pick up a brochure at the Welcome Center.

Fitlinxx

Our Wellness Department will be offering free fitness assessments for all those signing up for new Fitlinxx orientations. If you are already a Fitlinxx member, see one of our Activate Coaches for your free fitness assessment.

For more details about Fitlinxx contact the YMCA at 724-934-9622.

Pilates Reformer Training

The Pilates Reformer uses a sophisticated system of springs, straps and pulleys that allows more than 100 exercises to be performed on this surprisingly versatile machine. The machine consists of a gliding platform on which one can sit, kneel, stand or lie on their front, back or side. One of the best features of the Pilates Reformer is that it can be used by young and old regardless of current fitness levels. The Pilates Reformer incorporates many levels of resistance that can be used by various individuals including beginners and elite athletes.

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Kinesis Training

Looking for new exercise workouts? Then give our Kinesis Group Personal Training course a try. This course, led by personal trainers, combines the Kinesis trainer and various other exercises to provide a workout that will recruit more muscles than traditional strength training. Class is six weeks in length and will also include a 30 minute orientation on the Kinesis machine and how it works. Classes begin the week of January 11 and are limited to just six people, so sign up soon!

Mondays: 10:30-11:30 a.m.
Wednesdays: 5:30-6:30 p.m.
Thursdays: 9:30-10:30 a.m.
FEE: \$70

Bosu Group Training

This eight week package will focus on toning and strengthening the entire body primarily using the Bosu Ball. These classes are kept small so our certified trainers can focus on meeting the goals of the entire class. Learn ways to develop a fun exercise routine that will challenge your core strength, muscular strength, balance and agility. Challenge yourself and reap the results of the Bosu Trainer at a fraction of the Personal Training cost. Classes begin the week of January 11 and are limited to just six people, so sign up soon!

Tuesdays: 9:30-10:30 a.m.
Fridays: 9:30-10:30 a.m.
FEE: \$55

vtrim™ 12 week Online Classes

The YMCA of Greater Pittsburgh has partnered with Vtrim online, an evidence-based online weight loss program to help you achieve your weight loss goals. Succeed at weight loss with this 12 week behavioral weight management program. Lose weight with the support of Vtrim and the exercise opportunities at the YMCA. For more info about Vtrim at the Y and/or to register for a class go to www.uvm.edu/vtrim/ymca.

January 19 – April 22 or **February 4 – April 22**
Tuesdays, 7-8 p.m. online **Thursdays, 7-8 p.m. online**

Location: any computer with internet access
FEE: FM \$329 PM \$429

Weight Loss Challenge 2010

The mission of the weight loss challenge at the Baierl Family YMCA is to initiate a lifestyle change that will ultimately alter how you look and feel while improving all aspects of your health and well-being. This 8-week challenge begins January 10 and is based on the percentage of body weight lost from the initial weigh-in to final weigh in. Initial weigh ins will take place on Thursday, January 7 at 6:30 p.m. or Saturday, January 9 at 10:30 a.m. Each week participants weigh in and the percentage of weight lost will be posted on www.backnline.com so everyone can track their results. Top three male and top three female prizes will be awarded. This year there will be weekly meetings, weight loss and exercise articles, and lectures by various health professionals to help kick start your lifestyle change.

Package 1: \$30 Includes weekly weigh ins, nutrition and exercise information, weekly meetings or lectures, weekly newsletters, eligibility for weekly prizes, and eligibility for final prizes.

Package 2: \$50 Includes everything from package 1 plus a beginning and ending fitness assessment.

Package 3: \$300 Includes everything from package 1 plus 8 one-hour sessions with a personal trainer.