What's in this issue:

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- Facilities/Facility Rentals............... Page 4 & 5
- Child Care and Youth Programs ......... Page 6 - 8
- Gymnastics and Dance.................... Page 9 & 10
- Youth Fitness & Fitness Center Rules .. Page 11 & 12
- Health & Fitness & Adult Fitness........ Page 13 & 14
- Diabetic Prevention .......................... Page 15
- Group Exercise ............................... Page 16 & 17
- Adult & Active Older Adult............. Page 18 & 19
The YMCA is a cause-driven organization that is for youth development, for healthy living and for social responsibility.

**Youth Development**
Nurturing the potential of every child and teen:

- The Y offers a wide variety of recreational and sports programs for children of all ages
- The Y-Tot program has been helping children have the basic skills for kindergarten for nearly 40 years
- The core values of Caring, Honesty, Respect, and Responsibility are taught in all Y programs

**Healthy Living**
Improving the nation’s health and well-being:

- The Y’s Group Exercise classes are enjoyed by adults of all ages and fitness levels
- Over 300 YMCA members ages 12 and up use the Y’s Fitness Center as part of a healthy lifestyle
- The YMCA offers a wide range of programs geared towards *Active Older Adults*

**Social Responsibility**
Giving back and supporting our neighbors:

- Last year over 225 people volunteered for the Y, coaching teams, serving on committees, and helping with special events
- The Y’s Make-A-Difference Club, a program that teaches middle school students the importance of public services has been helping local organizations for 5 years
- The YMCA provides support to other charitable organizations: American Cancer Society, the Boy Scouts of America, the Girl Scouts, and local schools both public and private.
- For 125 years the Y has been proud to say that no one is denied access because of financial reasons. In 2015 the Y subsidized over $120,000 in programs and membership services.
The YMCA is open to all persons, regardless of age, sex, race, religion, income or ability. Financial aid is available.

There will be no service charge on monthly bank/charge draft payments.

The YMCA is not responsible for personal belongings that are left in lockers.

The YMCA reserves the right to cancel any class/program that does not meet enrollment requirements.

There will be a $15.00 charge on all returned checks and insufficient bank drafts.

— Steve Simon
Executive Director

Bea Jarbeck-Burk, M.Ed., ATC
Director of Fitness

Joyce Prutz
Active Older Adult Advisor

Gloria Lebe
Business Director

Shawn Thompson
Program Director

Ashley Guest
Membership Director

Cindi Huffman
Director of Child Care Services

FALL/WINTER HOURS OF OPERATION
Begins on October 1, 2016

Monday – Friday      5:30 AM to 10:00 PM
Saturdays             8:00 AM to 5:00 PM
Sundays               8:00 AM to 5:00 PM

GYMNASIUM SCHEDULE POSTED WEEKLY
ON GYM BULLETIN BOARD

MEMBERSHIP POLICY

The YMCA is open to all persons, regardless of age, sex, race, religion, income or ability. Financial aid is available.

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MEMBERSHIP RATES

<table>
<thead>
<tr>
<th>MEMBERSHIP TYPE</th>
<th>ANNUAL FEE</th>
<th>BANK/CHARGE DRAFT</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOUTH (18 &amp; under—if 18, must be student)</td>
<td>$180.00</td>
<td>$15.00</td>
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<tr>
<td>YOUNG ADULT (18-25 years)</td>
<td>$312.00</td>
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<td>ADULT (26 &amp; over)</td>
<td>$456.00</td>
<td>$38.00</td>
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<tr>
<td>SINGLE PARENT FAMILY (Widowed or Divorced)</td>
<td>$555.00</td>
<td>$46.25</td>
</tr>
<tr>
<td>FAMILY</td>
<td>$684.00</td>
<td>$57.00</td>
</tr>
<tr>
<td>SENIOR CITIZEN (62 and older)</td>
<td>$420.00</td>
<td>$35.00</td>
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<tr>
<td>SENIOR CITIZEN FAMILY (Both 62 &amp; older)</td>
<td>$558.00</td>
<td>$46.50</td>
</tr>
</tbody>
</table>

There will be a $50 joiner fee due at time of sign-up for all memberships except youth & young adults.

For Bank/Charge Draft users, there will also be a pro-rated payment due.

HOLIDAY CLOSINGS

September 1       Closed 1:00 pm
September 2-4     Maintenance Shut down
September 5       Labor Day
November 24       Thanksgiving Day
December 24       Christmas Eve (3 pm)
December 25       Christmas Day
December 31       New Year’s Eve (5 pm)
January 1, 2017   New Year’s Day

REFUND POLICY

Membership & program fees are non refundable

If the YMCA cancels a program, credits or refunds will be issued in full.

If a participant cancels enrollment in a program prior to its start, the YMCA will issue a credit only, minus a 25% processing fee.

In case of medical emergencies, a refund will be issued for the remaining classes. A doctor’s note must be presented to receive the refund.

YMCA and the UNITED WAY

As members of the YMCA, you should know that we are one of the Westmoreland County United Way members. As such, we have seen and experienced the benefits of joining with 89 other agencies in one community appeal. We urge you to continue to support all of us through your generous contributions to the Community Solutions Fund.

However, if you decide to designate, please consider channeling part of your gift to the Regional Family YMCA. Thank you!

OUR CODE NUMBER IS 463

Through the United Way and your assistance, we are able to make this YMCA the best it can be and help serve this community and our membership to our fullest potential.

Mission Statement “To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.”
YOUR YMCA MEMBERSHIP INCLUDES:

- State of the art fitness center.
- Complete free weight area.
- Full Court gymnasium.
- Fully equipped locker rooms.
- 1/3 mile outdoor track.
- Soccer and softball fields.
- Personal trainers on staff. (Free initial assessment, personal exercise program and equipment orientation.)
- Group Exercise classes free with membership.
- Handicap accessible.
- Outdoor children’s play area.
- Childwatch (Times and fees on page 6).
- Member discounts on most programs.

YMCA
of
Laurel Highlands

490 Bessemer Road
Mt. Pleasant, PA 15666
724-547-9622
For your convenience, the Regional Family YMCA offers the following facilities for you, your family and the community:

**MEETING ROOM**
$25 per hour
TV/VCR/DVD Available.

**GYMNASIUM**
Full Court
$60 per hour
(can be divided into two program areas)
Half Court
$40 per hour.

**OUTSIDE PAVILION**
$120.00 for use Monday through Friday
$150.00 for use on Saturday and Sunday
Restrooms and kitchen available.
Volleyball Net, Horse Shoe Pits and Bocce Courts are also available.

*For reservations and more information Call 724-547-9622*
CHILD CARE

CHILD WATCH

Child watch is available for children of Regional Family YMCA members who are using YMCA facilities. Our child watch area is equipped with numerous toys, books and activities. The fee is $1.50 per hour, per child, with a one-hour minimum. Children must be 2 months of age to 10 years old to be cared for in our child watch area. Parent information sheet available from child watch staff.

Monday through Friday  8:45–11:45 am
Monday through Thursday  5:00–7:30 pm
Saturday   9:00–11:45 am

PRESCHOOL

LITTLE TOTS PLAY DAY

Little Tots is a special program designed for 2 year olds. The experience in this class will give your child the opportunity to make new friends and will provide cultural, social, and recreational activities that will enhance their learning experiences and acquaint the very young child with the primary skills of interacting with other children their age. Program includes storytelling, music, group activities, simple crafts, and time for free play. Enrollment is limited and requires a $25.00 registration fee.

Held at the YMCA
Tuesday & Thursday
9:30 a.m. until 11:30 a.m.
Or
12:00 p.m. until 2:00 p.m.

Y-TOTS

Y-Tots is a structured, educational preschool program which provides children with positive learning experiences through fun, hands-on activities and a curriculum which prepares them for Kindergarten. Our curriculum includes early literacy experiences, number and math concepts, music, movement and art as well as social skills and character development. While common goals are stressed, individual goals will be developed based on the strengths and needs of your child. Our goal is to make learning fun!

Classes are offered on Monday, Wednesday and Friday for Pre-Kindergarten children; and on Tuesday and Thursday for 3 & 4 year olds. Schools are located at the YMCA and in Scottdale. Class enrollment is limited and a registration fee of $25 is required. Monthly tuition varies by class.

BEFORE & AFTER SCHOOL PROGRAM

The YMCA Before and After School Programs are located in the Southmoreland Elementary School in Scottdale and in the Norvelt Elementary School. The program is designed for students attending Southmoreland School District in grades K–5 and students attending Norvelt in grades K–6. The Before and After School Programs are state-licensed and include structured games & activities, creative arts & sports as well as time for free play and homework.

The Before and After School Programs are offered Monday–Friday from 6:30 am to 8:30 am and 3:30 pm to 6:00 pm. The programs extend care during snow delays and early dismissals.

There is a $25.00 registration fee and an orientation is required prior to each child’s start date. CCIS funding is available for families who qualify.
Y ROOKIES

Ages: 3-4-5

Learn the basics of the game and have fun at the same time.
All participants will have one class weekly. Class size is limited to 10 participants per class.

Flag Football

Class Times:
Saturday: 10:00 - 10:45 - Sept 10th - Oct 15th
Registration thru Sept 1, 2016

FEE:
$35.00 - Member
$45.00 — Potential Member

Basketball

Class Times:
Call in October for more information

FEE:
$35.00 - Member
$45.00 — Potential Member

Y WINNERS

Kindergarten - 3rd Grade
(Limited Availability—Please register early)

YMCA Y-Winners Program provides a solid foundation for character development, personal fulfillment, teamwork, and fair play; values intended to last a lifetime. Y-Winners is a great program to start or to increase your basic skill development. Your children will learn basic skills, refine the skills they already possess, and learn rules and positions. Participants are split into different categories according to grade levels. Practices and games will be held at the YMCA.

Flag Football

This 6 week program will meet to teach the basics fundamentals of football. Each class will consist of skill instruction and intramural play.

Grade Levels & Practice Nights:
K-1st: Saturdays beginning Sept 10th - Oct 15th
11:00 am - 11:45 am
2nd-3rd: Saturdays beginning Sept 10th - Oct 15th
12:00 pm - 12:45 pm

FEE:
$35.00 - Member
$45.00 — Potential Member

Basketball

Class Times:
Call in October for more information

FEE:
$35.00 - Member
$45.00 — Potential Member
The YMCA  
“Make-A-Difference Club”  
Grades 6th, 7th, 8th

Have fun with friends while making a difference in the community.

No Fee to belong!
Start Up meeting will be September 15th at 7:00 pm

Join a club that chooses to be the difference! Join a club that really does make a difference. The YMCA’s club is for kids who want to become involved members of the community. Through monthly get togethers, members will choose volunteer projects that the group will develop, organize and make happen. The core YMCA values of caring, honesty, respect, and responsibility will be brought to life through fun projects that benefit both the participants and the community.

Call the YMCA for more information!
### GYMNASICS

**Instructor:** Kristin Harenchar

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Type</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td>4:30-5:00</td>
<td>Little Tykes</td>
<td>Recital</td>
</tr>
<tr>
<td>5:00-5:30</td>
<td>Pre-Gym I</td>
<td>Recital</td>
<td>3-4</td>
</tr>
<tr>
<td>5:30-6:15</td>
<td>Pre-Beginners Gym</td>
<td>Recital</td>
<td>5-7</td>
</tr>
<tr>
<td>6:15-7:00</td>
<td>Beginning Gym I</td>
<td>Recital</td>
<td>7 &amp; up</td>
</tr>
<tr>
<td>7:00-7:45</td>
<td>Beginning Gym II</td>
<td>Recital</td>
<td>Must have Front Limbers &amp; Standing Backbends</td>
</tr>
<tr>
<td>7:45-8:30</td>
<td>Intermediate Gym</td>
<td>Recital</td>
<td>Must have Back walkover &amp; Back Handsprings</td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td>4:30-5:15</td>
<td>Pre-Beginners Tumbling I (1st year)</td>
<td>Non-Recital</td>
</tr>
<tr>
<td>5:15-6:00</td>
<td>Beginners Tumbling I &amp; II</td>
<td>Non-Recital</td>
<td>7 &amp; up</td>
</tr>
<tr>
<td>6:00-7:00</td>
<td>Intermediate Tumbling I &amp; II</td>
<td>Non-Recital</td>
<td>Must have round-off, front walkovers and back walkovers.</td>
</tr>
<tr>
<td>7:00-8:00</td>
<td>Advanced Tumbling I &amp; II</td>
<td>Non-Recital</td>
<td>Must have back tuck, back hand springs and side aerials</td>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td>4:30-5:15</td>
<td>Pre-Gym II</td>
<td>Recital</td>
</tr>
<tr>
<td>5:15-6:00</td>
<td>Pre-Beginners Gym</td>
<td>Recital</td>
<td>5-7</td>
</tr>
<tr>
<td>6:00-6:45</td>
<td>Beginners Gym</td>
<td>Recital</td>
<td>7 &amp; up</td>
</tr>
<tr>
<td>6:45-7:30</td>
<td>Closebending/Acro</td>
<td>Recital</td>
<td>7 &amp; up</td>
</tr>
<tr>
<td><strong>THURSDAY</strong></td>
<td>4:00-4:30</td>
<td>Little Tykes</td>
<td>Non-Recital</td>
</tr>
<tr>
<td>4:30-5:00</td>
<td>Pre-Gym I</td>
<td>Non-Recital</td>
<td>3</td>
</tr>
<tr>
<td>5:00-5:30</td>
<td>Pre-Gym II</td>
<td>Non-Recital</td>
<td>4</td>
</tr>
<tr>
<td>5:30-6:00</td>
<td>Boys Gymnastics</td>
<td>Non-Recital</td>
<td>5 &amp; up</td>
</tr>
<tr>
<td>6:00-6:45</td>
<td>Pre-Beginning Gym I</td>
<td>Non-Recital</td>
<td>5-8</td>
</tr>
<tr>
<td>6:45-7:30</td>
<td>Beginner Gym</td>
<td>Non-Recital</td>
<td>7 &amp; up</td>
</tr>
<tr>
<td>7:30-8:15</td>
<td>Intermediate Gym</td>
<td>Non-Recital</td>
<td>Must have front &amp; back walkovers</td>
</tr>
</tbody>
</table>

**FEES** - All fees reflect 4 weeks of classes

- **1/2 HOUR CLASS/WEEK**
  - Members - $20  Non-Members - $28
- **45 MIN CLASS/WEEK**
  - Members - $26  Non-Members - $34
- **1 HOUR CLASS/WEEK**
  - Members - $30  Non-Members - $40

- **1/2 HOUR PRIVATE** - Member $48  Non-Member $52
- **1/2 SEMI-PRIVATE** - Member $40  Non-Member $44
## Fall/Winter Session Times

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Type</th>
<th>Ages</th>
<th>Teacher</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00-6:00</td>
<td>Competition Team</td>
<td></td>
<td>Bethany Brown</td>
</tr>
<tr>
<td>6:00-6:45</td>
<td>Ballet 2</td>
<td>Ages 8 - 11</td>
<td>Hannah Barkley-Mastalski</td>
</tr>
<tr>
<td>6:45-7:45</td>
<td>Ballet 1</td>
<td>Ages 5 - 7</td>
<td>Hannah Barkley-Mastalski</td>
</tr>
<tr>
<td>7:45-9:00</td>
<td>Ballet 3</td>
<td>Ages 12 &amp; up</td>
<td>Hannah Barkley-Mastalski</td>
</tr>
<tr>
<td>4:00-4:30</td>
<td>Creative Movement</td>
<td>Ages 3 - 4</td>
<td>Bethany Brown</td>
</tr>
<tr>
<td>4:30-5:15</td>
<td>Mini Jazz 1</td>
<td>Ages 5 - 7</td>
<td>Bethany Brown</td>
</tr>
<tr>
<td>5:15-6:00</td>
<td>Mini Hip Hop 1</td>
<td>Ages 5 - 7</td>
<td>Bethany Brown</td>
</tr>
<tr>
<td>6:00-6:45</td>
<td>Jazz 3</td>
<td>Ages 12 &amp; up</td>
<td>Bethany Brown</td>
</tr>
<tr>
<td>6:45-7:30</td>
<td>Hip Hop 3</td>
<td>Ages 12 &amp; up</td>
<td>Bethany Brown</td>
</tr>
<tr>
<td>7:30-8:15</td>
<td>Contemporary 3</td>
<td>Ages 12 &amp; up</td>
<td>Bethany Brown</td>
</tr>
<tr>
<td>4:00-4:45</td>
<td>Jazz 2</td>
<td>Ages 8 - 11</td>
<td>Bethany Brown</td>
</tr>
<tr>
<td>4:45-5:30</td>
<td>Hip Hop 2</td>
<td>Ages 8 - 11</td>
<td>Bethany Brown</td>
</tr>
<tr>
<td>5:30-6:15</td>
<td>Contemporary / Lyrical 1 &amp; 2</td>
<td>Ages 8 - 11</td>
<td>Bethany Brown</td>
</tr>
<tr>
<td>6:15-7:00</td>
<td>Tap 2</td>
<td>Ages 8 - 11</td>
<td>Nichole Rafalski</td>
</tr>
<tr>
<td>4:30-5:15</td>
<td>Tap 1</td>
<td>Ages 5 - 7</td>
<td>Nichole Rafalski</td>
</tr>
<tr>
<td>5:15-6:00</td>
<td>Tap 3</td>
<td>Ages 12 &amp; up</td>
<td>Nichole Rafalski</td>
</tr>
<tr>
<td>6:00-7:00</td>
<td>Ballroom 1</td>
<td>Ages 7 - 11</td>
<td>Khrystal Gresko</td>
</tr>
<tr>
<td>7:00-8:00</td>
<td>Ballroom 2</td>
<td>Ages 12 &amp; up</td>
<td>Khrystal Gresko</td>
</tr>
</tbody>
</table>

### FEES:
- **4 WEEK SESSIONS**
  - 1/2 HOUR CLASS/WEEK
    - Members: $20
    - Non-Members: $28
  - 45 MIN CLASS/WEEK
    - Members: $26
    - Non-Members: $34
  - 1 HOUR CLASS/WEEK
    - Members: $30
    - Non-Members: $40
  - 1 1/4 HOUR CLASS/WEEK
    - Members: $32
    - Non-Members: $44

### Private Lessons Available:
- **PRIVATE CLASS**
  - Member: $48
  - Non-Member: $52
- **SEMI-PRIVATE CLASS**
  - Member: $40
  - Non-Member: $44
- **COMPETITION**
  - $80
YOUTH ASSESSMENT—Member Only

This assessment will determine the fitness status of youth ages 12–16. Recommendations for exercise programs, maintenance and/or improvement in health/fitness status will be discussed.

Sport specific conditioning programs available for athletes and teams.

Make an appointment with our fitness staff to learn what your baseline fitness level is.

Assessment is suggested but not required.

YOUTH WEIGHT TRAINING AND FITNESS CENTER ORIENTATION

Open to members only! Youth 12–16 years of age.

Make an appointment for a hands on instruction session to familiarize yourself in regards to the fitness center equipment rules, and regulations. Basic lifting techniques and safety will be emphasized. After youth have gone through orientation, they may workout independently, in the fitness center.

All youth must go through orientation prior to gaining fitness center privileges.

YOUTH FITNESS CENTER/RULES AND REGULATIONS

Youth age 12–14 years wanting to utilize the fitness center must adhere to the following:

- Must complete youth weight training orientation.
- Parent & youth must sign agreement form along with parent signature at completion of orientation.
- Must review and follow all YMCA and fitness center rules, regulations and code of conduct.
- May workout independently during open hours
- Must wear lanyard with attached membership card while in fitness center.
- Call 724-547-9622 to schedule a fitness center orientation.
YMCA of Laurel Highlands
Fitness Center Rules and Regulations

As a member or guest of the YMCA of Laurel Highlands you agree to adhere to the following rules and regulations. The YMCA Fitness Staff and Managers are required to enforce all rules and regulations with ALL members and guests. Failure to adhere to the YMCA rules and regulations is unfair and disrespectful to others and will warrant appropriate action, including the possibility of all Fitness Center privileges being suspended or permanently revoked.

1. You are required to present your membership card at Front Desk, for admittance.
2. You must be a current/paid member or guest to have privileges of the facility.
3. You must be 15 years of age or older to use the fitness center independently.
   Youth age 12-14 must be working out with a responsible adult, 18 years or older and have had fitness center orientation.
   No child under the age of 12 is permitted in the fitness center for any reason.
4. Food, chewing gum, candy or tobacco, of any sort, is prohibited.
5. The only liquid permitted in the Fitness Center, Gym, Fitness Loft, Game Room or exercise studios is WATER IN PLASTIC BOTTLES.
6. Profanity or horse-play will not be tolerated, and may result in loss of fitness center privileges.
7. Coats, jackets, sweatshirts, gym bags, back-packs, purses or any other personal property is not permitted in fitness center. Lockers are available. Items left lying around the fitness center will be removed, by staff, and placed at front desk counter for pick-up.
8. Cleaning equipment after use is required by every individual by LIGHTLY SPRAYING the provided towel with cleaner and wiping down equipment seats, handles, monitors, bars, mats, weights, etc. PLEASE DO NOT DIRECTLY SPRAY THE EQUIPMENT. Towels are for cleaning equipment only.
9. Must wear appropriate attire: T-Shirt, tank-top, sweatshirt or respectable sport bra. Workout style shorts, sweat pants, tennis shoes and socks are required.
10. The following attire is not appropriate or permitted:
    • Denim: Shorts, pants, capri’s shirts.
    • Shorts, pants or tops with multiple rivets, snaps or buttons.
    • Short shorts, thong or any clothing designed with offensive, demeaning, or vulgar language or profanity.
    • Sandals, open heel or open toed shoes, boots, work boots, hard-soled shoes, shoes with a heel, belts with large buckle are not appropriate.
11. Individuals are responsible to return all equipment to appropriate area after use.
12. The maximum continuous time permitted on the cardio equipment is 30 minutes.
13. Television stations are to be changed by staff only.
14. Collars are to be used with bars holding plates.
15. Lifting belt and workout partner/spotter is suggested for heavy lifts.
16. Dumbbells, plates, bars are not permitted on bench seats.
17. Standing on bench seats or exercise balls is prohibited.
18. CELL PHONE use is PROHIBITED in the fitness center and the entire facility except for in the front lobby or outdoors.
Bea Jarbeck-Burk, M.ED., ATC, CPT

Bea is the Regional Family YMCA’s Director of fitness with a Master’s Degree in Health Education, from Penn State University. Bea coordinates the health and fitness programs, and staff. Certified in Athletic Training, Personal Training and Group Exercise. Bea works with the YMCA membership, teaches group exercise classes, provides personal training to the members and is the community liaison for health and fitness programming.

ALL STAFF ARE CERTIFIED IN CPR, FIRST AID & AED

FITNESS STAFF

- Matt Arrotti
- Karen Bandemer
- Charlotte Bourdeau, CPT
- Devin Colon
- Chelie Koshar
- Cody Monroe
- Joyce Prutz
- Juan Pulido, CPT

GROUP EXERCISE STAFF

- Karen Bandemer
- Ruth Bayura
- Samantha Bellacima
- Jennifer Bensen
- Holly Chenoweth
- Marlene Cibulas
- Annaleta Cunningham
- Jim Evans
- Jenn Gillott
- Heidi Gulisek
- Bea Jarbeck-Burk
- Tammy Keefer
- Janell Klatt
- Chelie Koshar
- Julie Lindstrom
- Janet Loucks
- GiGi Lowe
- Jean Maricondia
- Missie Marks
- Mia Means
- Dawn Mehall
- Debbie Meshanski
- Phil Mickens
- Joyce Prutz
- Juan Pulido
- Micki Riley
- Peg Schafer
- Steve Simon
- Tiffany Thompson
- Missy Troxell

ADULT FITNESS ASSESSMENT – For YMCA Members Only

Make an appointment to learn what your baseline fitness level is. For Ages 17 and up.

Parameters Tested are: Heart Rate • Blood Pressure • Cardiovascular Testing • Strength • Flexibility
Body Weight • Body Fat Assessment

NEW MEMBERS RECEIVE

1. Two Fitness Assessments – An initial assessment will determine your current fitness status and will provide you and the YMCA staff with baseline information. A comparison assessment is done 16 weeks after your assessment.
2. A individually designed workout program.
3. Meet with fitness coach every 4 weeks for the 16 week program for workout progression.
4. Orientation to fitness center facility, equipment, rules/regulations.
5. New Member Information Packet.

Member Fitness Appointments

Call the YMCA and ask for a fitness coach or Bea Jarbeck-Burk, Director of fitness to set up assessment, orientation and workout appointments.
PERSONAL TRAINING – (PT)

Certified Personal Trainers: Bea Jarbeck-Burk, Charlotte Bourdeau & Juan Pulido

Personalized workout sessions with a certified trainer are a safe and effective way to help you reach your goals. Our sessions can encompass cardiovascular exercise, resistance training and flexibility into an individualized goal-oriented program to improve your activities of daily living, or improve your overall fitness status for a specific activity or sport. For maximum benefit why not work out with a professional certified trainer.

At the Regional Family YMCA we offer personal training in several forms and formats. We can work with you to determine what will work the best for you. It’s your life and your goals, we’re here to help!

Personal Training – 30-60 Minutes
- Baseline & follow-up fitness assessment
- Short & long term fitness goal setting
- Resistance training
- Cardiovascular training
- Plyometric, agility, & power training

Our trainers are experts in customizing training sessions to:
- Improve overall health & fitness
- Train from couch to 5K
- Improve sport performance & training
- Complete a fitness challenge
- Reach your fitness goals
- semi private-partner with a friend

Nutrition Consult: 60 Minutes

Personalized nutrition consults are an effective way to promote a positive lifestyle change through:
- past & current dietary review
- food log maintenance & review
- short & long-term nutrition goal setting
- tips for food shopping and menu planning

Our GOAL is to provide you with the tools and training needed to make lifelong fitness and dietary change to help you reach your goals and improve your life!

Missy Troxell, RDT

FEE:
6 sessions – $140
12 sessions – $230
24 sessions – $400

Sessions can be used for Training and/or Nutrition Consults

ADULT SUPER SPORTS

At the Y, sports and recreational activities are something special. Friendly competition (even with yourself), lots of variety and a supportive environment means team sports and recreation is fun again, and it makes for a healthier lifestyle and a good story or two.

Tennis – Monday – Tuesday – Friday
Pickle Ball – Wednesday
Badminton – Thursday
Members & Silver Sneakers – Free
Non-Members – Guest Pass Required
The YMCA’s Diabetes Prevention Program can help you make lifestyle changes that will improve your overall health and well-being and reduce your chances of developing Type 2 diabetes by 58% overall and 71% if you are 60 years of age or older.

To be eligible for the program participants must:
- Be at least 18 years of age or older
- Overweight with a BMI> or equal to 25 (22 in Asian indiv.)
- High risk for developing Type 2 diabetes or,
- Diagnosed with prediabetes.

WHAT IS THE YMCA’S DIABETES PREVENTION PROGRAM?
- 1-year program, 16 weekly sessions followed by 8 monthly maintenance sessions
- Led by a trained Lifestyle Coach in a small group, supportive environment
- Incorporate healthier eating and moderate physical activity into your daily life
- Access to the YMCA if needed while enrolled in the program
- Classroom environment which may be offered in any community setting

PROGRAM GOALS
- Reduce total body weight by 7%
- Increase physical activity to 150 minutes per week
- Healthy eating

For more information or to enroll contact Karen Harouse-Bell, YMCA’s Diabetes Prevention Program Coordinator at 724-610-0885 or kbell@ligonierymca.org
GROUP EXERCISE

GROUP EXERCISE CLASS STYLES/DESCRIPTIONS

ACTIVE ADULT/HEALTHY ADULT (AA/HA) -PLUS - Low impact workout designed for all ages and fitness levels. For beginner exercisers, those just starting to participate in group classes or who want to get conditioned for more challenging classes. Variety of equipment may be used.

ATHLETIC INTERVAL - Maximize your heart rate and fat burning potential by doing basic calisthenics, plyometrics and cardio moves, followed by an interval of moderate intensity resistive exercises. 2-3 minute athletic/cardio intervals throughout the class!

ATHLETIC STEP - The exercise step is used as a tool for cardio and/or resistance training alternated with “athletic style”/body resistive moves and exercises. Feel the burn!

BODY BLAST - Workout hard and workout SMART! Alternating hi intensity cardio segments followed by strength segments will make this class go by quick. Scientific research shows that just 20 minutes of hi-intensity training is optimum for increased metabolism throughout the day, which will burn calories and body fat. A maximum full body blast workout in just one hour.

CARDIO CIRCUIT/INTEGRATED STRENGTH - Our fitness loft is set up into a variety of areas. A different cardio or strength exercise is performed one after the other, at each area. A great full-body strength and cardio workout.

CARDIO-INTERVAL - Up the intensity with this total body workout! Instructors will offer variety....doing downright cardio..sometimes like old school “aerobics” with strength training. Dumbbells, bosu ball, physioball, bodybars and other equipment may be incorporated for strength/sculpting intervals of class.

FITNESS BOOT CAMP - Take your workout to the next level. Variety of body resisted exercises, as well as use of equipment in a boot camp atmosphere. Contests, relays, and competition included in this hard core workout.

“GIMME 15” - This workout will make you sweat, burn and feel great at the end! Four - 15 minute segments including different class styles: HIIT, Step Weights and Boxing, to name a few.

HEALTHY LOW BACK - One of the biggest complaints we hear in the gym is “of my back!” People of all ages and fitness levels suffer from low back pain. If you are one of these people, then this is the class for you. You will learn a series of stretches and core strengthening exercises that will help relieve you of your low back pain, and also help you maintain a healthier low back, which can reduce the risk of injury. Once you learn these key exercises, you will have the skills needed to maintain better back health for life!

INTEGRATED STRENGTH - Dedicated to strengthening and stretching the entire body. With the use of bands, balls, weights and additional equipment, we will help you tone and relax....feeling like a new you when you leave.

KETTLEBELL - Takes heart-pumping music and your favorite kettle bell moves, and combines them into 45 minutes of calorie torching fun! Each song will focus on a main area, while still maintaining a whole body workout. And cue the music, making the workout fun, and you will be begging for more.

PILATES - Get stronger, more sculpted muscles and gain flexibility. You may also gain improved posture and better sense of well-being. Class is demanding, but not the kind of workout that will make you hot & sweaty. It’s all about concentration and breathing. You will feel it in your muscles during each exercise. This class targets your core, arms, legs, glutes and back.

PILATES*CORE*AND MORE - A variety of specific core exercises are infused into this already great pilates workout. Strengthen your abdominals, hips, low back, and glutes. Equipment may be used.

PIYO BASICS - A great way to learn the moves integrated into a PIYO Strength class. The instructor goes slowly through each move and transition. Get Basic, Get Strong, Get PIYO!
GROUP EXERCISE

GROUP EXERCISE CLASSES CONTINUED...

**PIYO STRENGTH** - This is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that’s fun, challenging and will make you sweat. It’s about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

**SILVER SNEAKERS CIRCUIT** - Non-Impact standing class with alternating intervals designed to increase cardiovascular and muscular endurance. Great for the beginner exerciser.

**SILVER SNEAKERS CLASSIC** - Improve strength, flexibility, posture and balance. Exercise at your own pace with resistance tools including bands, balls and weights. Great for the beginner exerciser.

**THIRTY/THIRTY – 30/30** - Begin with 30 minutes of heart-pumping cardio, followed by 30 minutes of strength training using variety of equipment.

**TOTAL BODY CONDITIONING** - We incorporate a wide variety of resistance exercises and equipment to give you a 45 minute full-body conditioning workout.

**TOTAL FLEXIBILITY FOR MEN** - Improve joint range of motion and soft tissue elasticity by performing a variety of stretching exercises. You’ll have fun too! Classes held in Dance Studio.

**YOGA** - This class introduces the fundamental principles of alignment and breath work in a flow of postures linked together by breathing. Students will be introduced to yoga postures through step-by-step verbal description and demonstration. Emphasis is placed on student safety, and stability within each pose. Gradually these poses will be linked together into a gentle flowing sequence.

**YOGA–FLEX FOR WOMEN** - If you want to enjoy the benefits of yoga but don’t have a lot of time, join the ladies in our dance studio, for the class that will improve your flexibility and clear your mind. It’s the best of Yoga and Flexibility training.

**YOGA STRETCH** - 45 minute seated yoga class designed to be safe for all participants. Improve balance, increase muscular strength and learn restorative breathing techniques, in a relaxing atmosphere.

**ZUMBA** - Perfect for everybody and every BODY! Each Zumba class is designed to bring people together to sweat it on! We take the “work” out of workout, by mixing low and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba Fitness classes are often called exercise in disguise. Super effective and Super FUN! A total workout, combining all elements of fitness-cardio, muscle conditioning balance and flexibility, boosted energy and a serious dose of AWESOME!

**ZUMBA–GOLD** - Join us for a fun, up-beat, shakin’ exercise class! Learn the moves, dances and music. A great way to learn and progress into the traditional Zumba classes. Laughter will occur!

✧ **PLEASE BRING INDOOR SHOES AND WATER BOTTLE**
✧ **EXERCISE & YOGA MATS and ALL EQUIPMENT IS PROVIDED**

PARTICIPANT MUST BE 15 YEARS OR OLDER TO ATTEND GROUP EXERCISE CLASSES INDEPENDENTLY. YOUTH 12–14 YEARS OLD CAN ATTEND GROUP EXERCISE CLASSES WITH A PARTICIPATING ADULT and SIGNED WAIVER. INSTRUCTORS HAVE THE AUTHORITY TO ASK STUDENTS TO EXIT CLASS IF ANY DISRUPTION OCCURS.

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<th>MEMBERS</th>
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Questions/Concerns/Ideas– Contact Bea Jarbeck–Burk
M.ED, ATC, CPT: YMCA Director of Fitness
YMCA of Laurel Highlands 724-547-9622
ADULT

Y RIDE – INDOOR CYCLING CLASSES

The benefits of indoor cycling, both physical and mental, can be enjoyed by almost anyone, regardless of age or fitness level. Perhaps this is why indoor cycling workouts were the most significant new fitness trend of the 1990’s, and continue to gain in popularity today. And, while the many benefits may be enough to convince you to try this form of exercise, another equally enticing quality of indoor cycling is that it’s fun! Participants report that time spent during indoor cycling workouts seem to fly by, as opposed to other forms of cardio, and that they gain a real sense of accomplishment after completing a “ride”

PHYSICAL BENEFITS OF INDOOR CYCLING

The American College of Sports Medicine recommends 3 to 5 days of cardio per week, for 30 to 60 minutes each time; This frequency and length of aerobic exercise has been shown to provide maximal benefits to the body including:

- Weight loss
- Increased energy levels
- Stronger heart and lungs
- Decreased risk for heart disease
- Increased bone density
- Better sleep
- Improved cholesterol and triglyceride levels

Y ROW – INDOOR ROWING CLASSES

Physical Benefits of Indoor Rowing

Whether you already row or are considering rowing to keep in shape, lose weight, cross-train for another sport, compete on the water or rehabilitate from injury or surgery, rowing is the complete exercise for you. Arms, legs, chest, back, abs – even your mind. Your whole body gets a complete workout from the efficient, rhythmic motion of rowing. Rowing is such a great exercise in so many different ways.

- Low-impact (easy on the knees and ankles)
- High calorie burner (because it uses so many muscle groups)
- Great for joint health (joints move through a wide range of motion)
- Upper body (completes the stroke)
- Lower body (the legs initiate the drive)
- Works the back and abs too!

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Novice and advanced rowers are welcome

Scottdale Beta Y Gradale

Meets every second Monday of the month at the YMCA of Laurel Highlands at 7:00 pm. Gradale is a service group with the development of a high type of womanhood, through a program of religious emphasis, personal growth, social activities and service to others. We enjoy two weekends away each year, one to Spring Rally and in the fall we go to Deer Valley YMCA camp. We would love to have you visit one of our meetings some Monday evening.
Members receive a basic fitness center membership where they can enjoy specialized low-impact classes taught by certified instructors focusing on improving muscular strength and endurance. These classes also focus on mobility, flexibility, range of motion, balance, agility and coordination. Members can also enjoy the fitness center and special events at the YMCA.

**Recommended Classes:**

**SILVERSNEAKERS CLASSIC** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support. Monday, Wednesday, & Friday 1:00-1:45 p.m.

**SILVERSNEAKERS CIRCUIT** - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises. Monday, Wednesday, & Friday 8:45-9:30 a.m.

**ACTIVE ADULT HEALTHY ADULT** - This low impact class is for members just getting started or who want to work up to more advanced classes. By using a variety of exercise equipment you will have fun, be active and stay fit. Monday & Wednesday at 10:45

**ZUMBA-GOLD** - Join us for a fun, up-beat, shakin’ exercise class! Learn the moves, dances and music. A great way to learn and progress into the traditional Zumba classes.

The following classes are also recommended: PILATES, YOGA FLEX FOR WOMEN, TOTAL FLEX FOR MEN, TOTAL BODY CONDITIONING.

Along with exercise we have social activities such as a monthly Lunch and Learn with informational speakers, bus trips to casinos, Pittsburgh, Washington DC, and Lancaster. We also enjoy meet me at the movies. We are involved in projects that benefit the community and important causes such as Relay for Life, Newborns in Need, care packages for the soldiers and more.

There is no question that a little exercise can go a very long way in improving your health. For more information on the SilverSneakers, Silver & Fit and Active Older Adult programs, please contact Active Older Adult Advisor Joyce Prutz at 724-542-9622. You can also visit us on Facebook at YMCA of Laurel Highlands.
UPCOMING EVENT

Fall Party

Call the YMCA in September for information on our New Fall Party

YMCA of Laurel Highlands
490 Bessemer Road
Mt. Pleasant, PA 15666

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