

Y SPECIAL EVENTS



MONTHLY WELLNESS SEMINARS

Because ideal wellness goes beyond physical well-being, our wellness seminars will help continue a lifetime commitment towards self-improvement for kids and families. Monthly health related topics will be offered.

JUNE 2008

FREE LECTURE: ELIMINATING EXCUSES AND SETTLING FOR NOTHING BUT SUCCESS

- Do you want to live an excuse-free life and teaching others to do the same?
- Do you want to learn to overcome rejection and learning from personal failures?
- Do you want to eliminate the biggest enemy of success: mediocrity?
- Do you desire to learn how to create a high level of motivation in your life?

Dr. Cruz is an internationally best-selling author of over twenty books and audio books, with sales approaching one million copies. Through small in-house workshops on leadership to life-changing events for 15,000 people, Dr. Cruz has counseled people from every walk of life, from "Fortune 500" executives to educators, entrepreneurs, students, communities and business leaders.

Dr. Camilo Cruz has been a professor of Quantum Physics, Thermodynamics and Mathematics at several universities in the U.S. He earned his M.S. in Science and his Ph.D. in Chemistry from Seton Hall University.

Sign up at the Member Services Desk.

WHEN: Wednesday, June 4th
6:30 p.m. - 7:30 p.m.

WHERE: Multi-Purpose Room 3

COST: Free for YMCA Members

INTRODUCTION TO CYCLE

The workshop includes:

- 20 minute lecture on reaching your target heart rate, training zones, proper alignment, seat settings, and safety tips. Educational hand-outs will be available.
- Class includes, a 5 minute warm-up-30 minute ride and 5 minute cool-down.

To ensure a bike, please pick up an entrance bracelet at the Member Service Desk up to one hour prior to class. Bring a water bottle and a towel to class. YMCA Members only, please sign up at the Member Services Desk.

WHEN: Saturday, June 7th
11:30 p.m. - 12:30 p.m.

WHERE: Aerobics Studio

COST: Free for YMCA Members

MEN'S HEALTH WEEK JUNE 9-15

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."

-Congressman Bill Richardson

- The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.
- There will be educational articles, and healthy tips for men and their families

RED, WHITE, AND FOOD WORKSHOP

Fourth of July is around the corner; do you want to celebrate your independence from poor food choices? Learn how to lose one pound in one week, to keep a food journal, and to set realistic wellness goals. Receive recipes to re-create a "healthy" family picnic. Reserve your space at the Membership Service Desk up to one week prior to the lecture.

WHEN: Tuesday, June 24th
Promptly at 6:00 p.m.

WHERE: Multi-Purpose Room 2

COST: Free for YMCA Members

JULY 2008

"I LOVE THE Y" SUMMER INCENTIVE

This will be a fun and simple way to stay on track this summer with your wellness goals. Receive a calendar for the month of July, visit our Y fifteen times in the month of July and receive a Y workout towel. See the Wellness staff for a copy of the July calendar.

PERSONAL TRAINING SUMMER SAVINGS

Tired of working out and not getting results? Do you have goals that you just have not been able to achieve? Do you want an edge that you need to increase your performance in sports? Need someone to motivate you? If you answered yes to any of these questions then the YMCA's Personal Training Staff is here to help. Sign up at the member services desk.

Stay in shape over the summer. We will be offering a **\$100 dollar savings** on our Personal Training package. Choose one of the following:

COST: 24 half hour sessions: \$560 (Best Value \$ 23 per session)
12 one hour session: \$560

TOUR DE FRANCE MASTER INDOOR CYCLE CLASS

The Tour de France started in 1903, and is the world's largest cycling tournament/race. It is a 23-day, 21-stage road race that is usually run over more than 3,000 km (1,864 mi). The route traces a circuit around most areas of France, and often passes through one or more neighboring countries.

This hour and a half ride will simulate the terrain of France- from rolling hills to climbs and much more. Allow your instructor to motivate, inspire and encourage you through this challenging ride. You control the intensity of the workout by adjusting the resistance control on your bike. Proper seat adjustment is required, see instructor at the beginning of the class. We encourage you to bring a water bottle and towel to class. To ensure a bike, please pick up a bracelet at the Member Service Desk up to one hour prior to class. Must be 4'11" or taller to participate. *Child watch available.*

WHEN: Saturday, July 26th
11:30 a.m. - 1:00 p.m.

WHERE: Aerobics Studio

COST: Free for YMCA Members

AUGUST 2008

NATIONAL STRESS REDUCTION MONTH DE-STRESS WITH PARTNER'S YOGA

While participating with a partner or friend, you have an opportunity to share advice, swap ideas, experience open communication and learn from each other. Yoga Class creates an atmosphere of growth and awakening. You will be able to create a deeper level of friendship and communication.

WHEN: Thursday, August 7th
6:00 p.m. - 7:30 p.m.

WHERE: Multi-Purpose Room 2 & 3

COST: Free for YMCA Members
\$25 for two Non-Members

RSVP: Begins July 31st

Sign up at the Member Services Desk

FAMILY MEAL MONTH - MEALS IN MINUTES

Sitting down to eat meals together is a challenge to many families. As life keeps getting faster, enjoying a quiet dinner with all the members of one's family seems to be a thing of the past. On Family Meal Month, get your family together to have a hearty, healthy meal.

- The Wellness Staff will have weekly fun, fit, fast 30 minutes recipes for your family to enjoy.
- Child Watch will provide kid friendly recipes on a weekly basis.

BACK TO SCHOOL KIDS FITNESS CLASS

A fun, interactive workout that uses games, and drills to improve balance, coordination, and overall fitness, encouraging self-confidence, independence health and wellness.

AGES: 6-15 years old.

WHEN: Monday, August 11th
4:30 p.m. - 5:30 p.m.

WHERE: Gymnasium

COST: Free for YMCA Members



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