

YMCA DIABETES PREVENTION PROGRAM

Has your physician told you that your glucose or blood sugar levels are elevated or you have diabetes risk factors? If so, you should strongly consider participating in our YMCA Diabetes Prevention Program. Once you become diabetic, it is virtually impossible to reverse this disease. You may have the opportunity to participate in this program free of charge. Confirm your eligibility through the Diabetes Prevention and Control Alliance at 1 800 237 4942.

*For more information, contact:
Health Strategies
407.896.9220
healthstrategies@cfymca.org*

LIVESTRONG AT THE YMCA

The YMCA has partnered with LiveSTRONG to help cancer survivors begin their journey toward recovery with LiveSTRONG at the YMCA.

Exercise is proven to help cancer patients reduce fatigue, improve muscle strength and energy levels, increase flexibility and endurance, enhance confidence, and improve mood and overall well-being.

*For more information, contact:
Health Strategies
407.896.9220
healthstrategies@cfymca.org*



DOWNTOWN ORLANDO YMCA
433 N. Mills Ave
Orlando, FL 32803
www.ymcacentralflorida.com
407-896-6901



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

PERSONALIZE YOUR WELLNESS EXPERIENCE



**Personal Training and
Wellness Programs
at the
Downtown Orlando YMCA**

THE COACH APPROACH

Age: 16+ years
Included in membership

The COACH APPROACH is an exercise support process that will help you set and stick with your wellness goals through 4-6 meetings with one of our certified wellness coaches. We will provide guided insight, support, and accountability as you begin to make exercise part of a healthier lifestyle.

For more information, contact:
Elyse Rowe
erowe@cfymca.org

MYWELLNESS CLOUD™

Age: 12+ years
Included in membership

Technogym's MyWellness is a personalized platform that allows you to track your workouts at the YMCA and on the go. MyWellness will allow you to: join challenges, collect MOVEs, track your progress, and have our Wellness team provide you with workout options and accountability. Stay motivated and improve your wellness with this tool.

For more information, contact:
Keimy Milanes
kmilanes@cfymca.org



NEW PT CLIENT SPECIAL

Age: 12+ years
\$65 Personal Training Special

Discover important numbers such as your BMI, body fat percentage, blood pressure, body measurements, flexibility, and weight in a complimentary appointment. Our wellness team will track your numbers so you can see your progress. Each member receives 4 of these appointments per year.

For more information, contact:
Brett Biller
Bbiller@cfymca.org

PERSONAL TRAINING

Age: 12+ years

Our highly educated personal training team provides you with several options for enhancing your exercise. Through our holistic approach, we will structure workouts, provide encouragement and motivation, create accountability, and design a progressive plan to help you expand your health and wellness knowledge all while moving closer to your goals.

30 min session(s)

4 \$120
8 \$224

55 min session(s)

4 \$240
8 \$448

For more information, contact:
Brett Biller
Bbiller@cfymca.org

InBody™ ASSESSMENT

Age: 18+ years
\$50 per Assessment

The InBody 570 is a non-invasive body composition test sending low-level currents through the hands to determine results. Each InBody test will store its information using the mywellness® cloud application and provide a full-page print out for discussion.

Results will identify:

Intracellular/ Extracellular Water and Total Body Water, Dry Lean Mass, Body Fat Mass, Lean Body Mass, Body Weight, Percent Body Fat, Segmental Fat Analysis, and Lean Mass Analysis.

For more information, contact:
Keimy Milanes
kmilanes@cfymca.org



GROUP TRAINING

Age: 14+ years

PARTNER
(2members : 1 trainer)

Grab a friend and get healthy together! Our motivational training staff will help outline your unified goals and put you both through a personalized workout in our partner training option.

55 min sessions

8 \$320/person
12 \$420/person

SMALL GROUP
(4-6 members : 1 trainer)

Gather some friends or family and take advantage of our small group training rate. Our personal trainers will motivate and help structure workouts that will allow the entire group to workout simultaneously as you lean on each other for accountability.

55 min sessions
1 month packages

Day(s) per week:

2 \$200/person
3 \$240/person

TRAINERS' DOZEN

PERSONAL TRAINING PARTICIPANTS

We want to reward your consistency and commitment to your exercise program with our personal trainers! Renew 5 personal training contracts within a calendar year, and on your 6th renewal in that same year, you can choose to purchase a Trainers' Dozen Special! This special allows you to **purchase 12 personal training sessions and get 1 session of equal duration for FREE!**