

WELLNESS New Bedford YMCA



Fall 1 Session • September 3 – October 27, 2019

CORRECTIVE EXERCISE/BODY WORK PERSONAL TRAINING

With Mary Beth Gamache,
Health & Wellness Director
Hour 1 will be dedicated to assessment.
From this information a comprehensive body
work program will be created addressing
muscle imbalances and postural issues.
The remainder of the sessions will be used for
instruction on proper execution of the exercis-
es and modalities included in the program. At
program completion you will receive a packet
designed for you including your exercises and
the prescription for use of the program.
Members: \$120 | Program Participants: \$165
Private Sessions (see Personal Training pricing)
Group Sessions (3 – 6 individuals)

CIRCUIT ORIENTATION

Learn the basics of weight training & proper
technique. Times By Appointment sign up at
the Wellness Center.
Members Free.

GROUP EXERCISE CLASSES

Most group exercise classes are
included with your Y membership.
Classes may include Cardio Circuit , Tabata,
PiYo, Core Express, sculpting, Zumba and
Yoga. Visit ymcasc.org or inquire at the
Welcome Center for the class schedule.
Members: FREE
Program Participants: \$12/class
Seniors: \$8/class

SPORT SPECIFIC TRAINING

6-8 Week Session
Receive a tailored strength and conditioning
program for your specific sport. Preseason,
in-season, or post-season programs avail-
able. For information contact:
Mary Beth Gamache at 508.997.0734 x130
or mgamache@ymcasc.org
Team Pricing
Members: \$50/team member
Program Participants: \$70/team member

SPORT SPECIFIC PERSONAL TRAINING

Junior High/High School
Are you a competitive athlete? We can give
you the year round, individualized sport
performance training that will take your game
to the next level.
Members: \$40/1 Hour • Package of 6: \$200

GET STARTED PROGRAM

Part of your membership benefit!
Our Get Started Program is a series of three
complimentary appointments designed to
support you in pursuit of your health and
wellness goals. A wellness coach will meet with
you to discuss your needs and interests and
together you will develop an achievable plan for
success. We want you to have all the support
and resources you need to reach your goals!
Ask at our Welcome Center how you can **Get
Started** today.

PERSONAL TRAINING STARTER KIT

Are you new to personal training?
Or unsure if it's for you?
• Free 1/2 Hour Consultation with a
Certified Personal Trainer
• Free Fitness Assessment: Including Body
Composition Calculation, Postural Assessment,
Goal Setting etc.
• Free first session with your Personal Trainer
Contact Mary Beth Gamache for more info or to
sign up! 508.997.0734 x130

PERSONAL TRAINING

Achieving your fitness goals can be hard.
We're here to help. Personal Training allows
you to work one-on-one with a certified
trainer to establish goals & make a plan to
succeed. To get started, contact:
Mary Beth Gamache, Health & Wellness
Director, 508.997.0734 x130,
mgamache@ymcasc.org

1 session: Members: \$47
Program Participants: \$80
6 pack: Members: \$270
Program Participants: \$400
10 pack: Members: \$420
Program Participants: \$675
20 pack: Members: \$800
Program Participants: \$1350



SMALL GROUP TRAINING

If you are looking for personal training and
enjoy working out with your friends then this
training option is for you. You get customized
personal training at a reduced cost. Grab some
friends and train today!
For more information contact:
Mary Beth Gamache, 508.997 0434 x130
or mgamache@ymcasc.org

BODY COMPOSITION ANALYSIS

This test provides a measurement of lean body mass including muscle tissue and a percentage of body fat. No food or drink 2-4 hours before the test. Schedule now! Chris Koziol at 508.295.9622 x19. **Members: Free | Program Participants: \$25**

YOUTH WELLNESS ORIENTATION

Ages 8-13
Youth members who would like to use the
strength and cardio equipment need to make
an appointment for an orientation with the
Health & Wellness staff. The orientation
will teach youth members how to safely and
efficiently use the equipment, and instruct
them about general Wellness Center rules and
etiquette. More than one appointment may be
necessary depending on the youth member's
needs and understanding.
Once training is completed, an access pass
will be given. Children who are 11 or younger
must continue to workout alongside a parent
or guardian. To schedule a Youth Orientation,
contact Mary Beth Gamache at:
mgamache@ymcasc.org

FAMILY FIT MAP

Explore & learn about our facility while
getting some physical activity and having lots
of fun! Go to our Welcome Center and ask for
a Family Fit Map. The Fit Map leads you on an
adventure around the branch where each stop
along your journey is a fitness challenge to
share with family members. There are
different challenges for all levels and all family
members.

YMCA DIABETES PREVENTION PROGRAM

This 12 month program helps overweight
adults at risk for type 2 diabetes reduce their
risk for developing the disease by taking steps
to improve overall health and well-being.
Participants work together in a small group
facilitated by a trained Y lifestyle coach to
achieve the program goals of reducing indi-
vidual weight by 7% and building up to 150
minutes of moderate physical activity per
week for the purpose of reducing their risk for
developing diabetes. For more info or to
register contact Dara Midwood at
508.996.9622 x131 or ymcadpp@ymcasc.org

LIVESTRONG® at the YMCA

This is a 12 week small group program
designed for adult cancer survivors who have
become chronically fatigued or de-
conditioned from treatment and disease.
Contact Candee La Fauci at 508.997.0734
x121 or clafauci@ymcasc.org.
**This program offered without cost to the
participants.**

AQUATICS

New Bedford YMCA



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PROGRAM-PRESCHOOL	AGES	RATES	LENGTH	MON	TUES	WED	THURS	FRI	SAT
Stage A - Water Discovery	6 mos-36 mos	M: \$50 PP: \$96	30 min		10:30am		10:30am 6:30pm		10am
Stage B - Water Exploration	6 mos-36 mos	M: \$50 PP: \$96	30 min		10:30am		10:30am 6:00pm		10:30am
Stage C - Water Acclimation	2-5yrs	M: \$50 PP:\$96	30 min		6:00pm				9:30am
Stage 1 - Water Acclimation	3-5yrs	M: \$50 PP: \$96	30 min	4:15pm 5:30pm	10:00am 4:15pm 5:30pm	4:15pm 5:30pm	10:00am 4:15pm 5:30pm	10:00am 4:15pm 6:45pm	9:00am 9:30am 10:00am 10:30am 11:00am
Stage 2 - Water Movement	3-5yrs	M: \$50 PP: \$96	30 min	4:15pm 5:30pm	4:15pm 5:30pm	4:15pm 6:45pm	4:15pm 5:30pm	4:15pm 6:45pm	9:00am 10:00am 11:00am
Stage 3 - Water Stamina	3-5yrs	M: \$50 PP: \$96	30 min	6:15pm	4:15pm	6:45pm		4:15pm	9:00am
Stage 4 - Stroke Introduction	3-5yrs	M: \$50 PP: \$96	30 min	6:15pm			4:15pm	6:45pm	9:00am
PROGRAM-SCHOOL AGE	AGES	RATES	LENGTH	MON	TUES	WED	THURS	FRI	SAT
Stage 1 - Water Acclimation	6+	M: \$58 PP: \$112	45 min	4:00pm	4:45pm	4:00pm	6:00pm	4:45pm 6:45pm	9:45am 10:30am
Stage 2 - Water Movement	6+	M: \$58 PP: \$112	45 min	4:00pm	4:45pm	4:00pm 6:45pm	6:00pm	4:45pm	9:45am 10:30am
Stage 3 - Water Stamina	6+	M: \$58 PP: \$112	45 min	6:45pm	6:00pm	4:00pm	4:45pm		9:00am
Stage 4 - Stroke Introduction	6+	M: \$58 PP: \$112	45 min	6:45pm	6:00pm	5:30pm	4:45pm	6:45pm	9:45am 10:30am
Stage 5 - Stroke Development	6+	M: \$58 PP: \$112	45 min		6:00pm	6:45pm	6:00pm	4:00pm	10:30am
Stage 6 - Stroke Mechanics	6+	M: \$58 PP: \$112	45 min		7:00pm	6:45pm	7:00pm	6:45pm	11:15am
Pathway Competition: Competitive Swim	6+	M: \$58 PP: \$112	45 min		7:00pm		7:00pm	4:00pm	11:15am
Water Sports & Games Stage 6 Skill Level or higher	8+	M: \$58 PP: \$112	45 min	6:45pm					
Adult Lesson	14+	M: \$58 PP: \$112	45 min		7:45pm		7:45pm		
Stroke Club	4-8 yrs	M:\$58 PP:\$112	45 min			4:45pm			