

YMCA Personal Fitness

Work with a Personal Fitness Coach to map out a flexible program that works for you!

Y Personal Fitness is a 12-week fitness program **FREE for full members only**. During the 12 weeks, your Y Personal Fitness Coach will meet with you one on one 4 times, track your progress and be on hand to motivate and encourage you!

Designed specifically for members who are 12 years or older, just beginning an exercise routine, and/or getting back into exercise. The program is perfect for those who are looking for more structure with personal attention and motivation through accountability.

Get Started Today!
Sign up at the Service Center.



**YMCA of
Southwest Illinois**

We build strong kids, strong families, strong communities.

What is the Y Personal Fitness Program?

Work with a personal fitness coach to map out a flexible program that works for YOU!

The YMCA Personal Fitness program is a structured 12-week program designed to help YMCA members who are new to exercise, returning after a lengthy absence, unable to establish an exercise routine, or coming back from an injury or illness. You will meet with a personal fitness coach four times over a 12-week period. Your coach will monitor your progress and provide feedback on a weekly basis. Individual exercise sessions are done at your convenience and Y Personal Fitness coaches are available in the Fitness Center to answer questions and help.

The Program Includes:

- A 12-week program.
This length provides enough time to become accustomed to cardiovascular and strength training. This is also long enough to see and feel physical and psychological benefits of regular exercise.
- A personal one-to-one approach. You are assigned a personal fitness counselor who meets with you for 4 one hour appointments (weeks 1, 4, 8 and 12). During this time, you will learn to identify barriers to change and develop strategies to overcome them. Your counselor will also provide personal attention and guidance throughout the 12 weeks.
- A structured, step-by-step behavior change program.
- The 12 weeks will be divided into 3 phases of activity:
 - Cardiovascular training,
 - Strength training part I
 - Strength training part II
- Your fitness counselor will determine how you will progress through each stage.
- An intrinsic oriented mindset. Emphasizing how exercise helps you think and feel about yourself is essential to maintaining it over a long period of time even in the face of powerful barriers.