



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A FALL FULL OF HEALTH & WELLNESS



2020 Fall–Winter Adult Programs

**Register for these or any YMCA programs
on-line or by visiting the Y.**

Financial assistance available for anyone demonstrating need.

DEEP CORE WORKSHOP

This 4-week workshop will provide a comprehensive education on the deep core. Learn about the elements which are essential for all women including:

- Anatomy, function and importance of all the deep core muscles
- Technique for properly activating and engaging these muscles
- Diaphragmatic Breathing
- Specific exercises for strengthening

Additionally, we will also go over stress urinary incontinence and healing diastasis recti. Finally, you'll learn guidelines and recommendations for prenatal and postnatal women. Sessions are individually priced or buy as a package.

Ages: 16+

Session 1: Friday | October 2nd | Registration Deadline: October 1, 2020

Session 2: Friday | October 9th | Registration Deadline: October 8, 2020

Session 3: Friday | October 16th | Registration Deadline: October 15, 2020

Session 4: Friday | October 23rd | Registration Deadline: October 22, 2020

Time: 10am-11am

Location: Gallatin Valley YMCA

Member: \$5 per session or \$15 for all 4 sessions | Non-member: \$10 per session

FIT 5 (Exclusively for Special Olympians)

We are back this fall with our Fit 5 program! We will play several different sports throughout our 6-weeks together. We will meet outside in the grass or the back patio (weather permitting). We will also set weekly nutrition goals. Registration is required.

Ages: 16+

Date: Mondays | September 14th-October 23rd

Time: 3-4pm

Location: Gallatin Valley YMCA

Member and Non-Member Price: FREE

Registration Deadline: September 11, 2020

PERSONAL TRAINING [AUGUST SPECIAL]

Want a kick-start on getting your fitness ready for fall? Take advantage of our August Personal Training Special. Our professional trainers will work with you to create a personal program that will help you tackle your fitness challenges and reach your goals.

Ages: All

Location: Gallatin Valley YMCA

1-hour session - \$50 | 30-min session - \$30

August Special: Buy 4 1-hour sessions get 2 FREE or buy 6 30-minute sessions get 2 FREE

GALLATIN VALLEY YMCA ReCharged 5k VIRTUAL RACE

Come together and support our ReCharged Cancer Program by participating in our first virtual 5k. Grab your friends, family, coworkers, furry friends or just yourself. Although we will not be running in a big group, we will celebrate our accomplishments together. Throughout the race, we will keep everyone updated on goals reached, results and winners of the various categories. All participants will receive a race shirt and there will be lots of fun prizes for various categories. Register today or check our website for more details. gallatinvalleymca.org

ALL NEW GROUP EXERCISE THIS OCTOBER!

R30@ will get you fitter and feeling better in only 30 minutes. It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush. EVERYONE FINISHES FIRST!

CPR and FIRST AID CERTIFICATION COURSE

Become CPR and First Aid certified through the American Heart Association. Certification is valid for up to 2 years.

Ages: 16+

Session 9: Saturday | September 12th | Registration Deadline: September 1, 2020

Session 10: Saturday | October 10th | Registration Deadline: September 29, 2020

Session 11: Saturday | November 14th | Registration Deadline: November 3, 2020

Session 12: Saturday | December 12th | Registration Deadline: December 1, 2020

Time: 9am-2pm

Location: Gallatin Valley YMCA

Member: \$95 | Non-Member: \$125