



# WELLNESS MY WAY

**New!** AT THE MADISON AREA YMCA

## IMPROVE YOUR HEALTH SAFELY, EFFECTIVELY AND YOUR WAY.

Your wellness has never been more important! Regular exercise boosts immunity and just a few minutes a day helps prevent simple bacterial and viral infections, according to the Centers for Disease Control and Prevention. Exercise improves blood pressure, blood sugar levels, sleep, mood and confidence at any age. Looking to get back into a regular workout routine, safely? **Let the Y support you in achieving a more healthy lifestyle**, with the attention, care and guidance from our talented and credentialed staff and instructors. Our **Wellness MY WAY** program is designed to be a personalized, low-impact, building block program.

## HOW DOES WELLNESS MY WAY WORK?

- As a benefit of your Madison Area YMCA membership, enroll in the **Wellness MY WAY** program at no additional fee by visiting the Family Center's Welcome Center. We can't wait to see you!
- Meet with your Healthy Living Coach for a Discovery Visit. During this Discovery Visit, you and your Healthy Living Coach will assess your current **upper and lower body strength, cardiovascular efficiency, balance and flexibility levels**.
- With the help of your Healthy Living Coach, and using your Discovery Visit assessment results, activities from our wide variety of lower-intensity **Wellness MY WAY** approved virtual and in-person classes are suggested to move toward your fitness goals.
- You will receive follow-up communications from your Healthy Living Coach on a regular basis to ensure that you are on track to meeting your goals.
- At the 12-week mark, meet with your Healthy Living Coach for a conclusion assessment to **see all the progress you have made!**



**Questions?** Contact Health and Wellness Director Christian Esola at [cesola@madisonymca.org](mailto:cesola@madisonymca.org).



## WELLNESS MY WAY APPROVED CLASSES:

Body Sculpt  
Boot Camp  
Chair Yoga\*  
Cycling\*\*  
Fit & Fun  
General Conditioning  
Les Mills Tone\*

Qi Gong  
Senior Fitness  
Strength & Stability  
Tai Chi\*\*  
Zumba\*  
Zumba Gold

\*Also available on Virtual Y  
\*\*Outdoor class, weather permitting



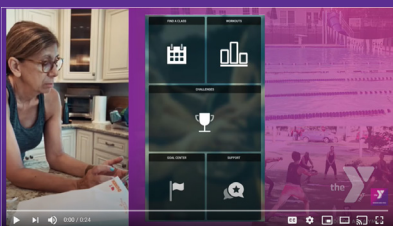
## STUDIO EXERCISE CLASS RESERVATIONS

The current in-person studio exercise class schedule can be viewed at [madisonareaymca.org/schedules](https://madisonareaymca.org/schedules) or on the **Madison Area YMCA App** (Apple Store and Google Play Store).

Members do not need to make a reservation to use the Fitness Center. However members must register online ([madisonareaymca.org/schedules](https://madisonareaymca.org/schedules)) or via our **App** for studio exercise classes and are encouraged to arrive to class five minutes before the start time or risk forfeiting their spot to a wait-listed member.

Reservations may be booked as early as 48 hours in advance and up to two hours before session start time.

Scan the QR code to watch our video on how to use the Madison Area YMCA App to reserve a class today.



## VIRTUAL Y CLASSES

Our member-only Virtual Y platform includes access to live virtual classes and programs and a growing on-demand video library, with new content added weekly. All content features Madison Area YMCA instructors, trainers and program staff.

Visit [madisonareaymca.org/VirtualY](https://madisonareaymca.org/VirtualY) and click on the "Access Virtual Y Click Here" button. For active members logging into the platform for the first time, you will be prompted to create an account using the email address we have on file.

As a mission-driven 501(c)(3) charitable organization, the Madison Area YMCA believes everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For more information about financial assistance or to make a donation, please call 973-822-YMCA (9622) or visit us at [madisonareaymca.org](https://madisonareaymca.org).