



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAPPY & FIT

FITNESS & WELLNESS FREQUENTLY ASKED QUESTIONS (FAQs)



QUESTION

ANSWER

Is my child allowed to work out with me?

Group Fitness: Children who are ages 14-years and older may attend Group Fitness classes (dependent upon height for the bikes in Indoor Cycling) if they have an active membership.

Wellness Center: Children ages 14-years and older are permitted to use the equipment on their own, and 12, and 13-year-olds are welcome to exercise with an adult after attending a WOW Me! (Workout with Me) orientation session with a Wellness Coach. See below for more details.

What is the Workout with Me program?

For the "Workout with Me, Wow Me!" program, both the parent and child attend an orientation together in the Wellness Center. Your Wellness Coach will review your child's health history, health/fitness goals, and teach him/her age and size-appropriate exercise, proper use of machines, Wellness Center etiquette, and answer questions. Please fill out a "WOW Me" orientation request form at the Welcome Desk; a Wellness Staff Member will contact you to schedule your orientation.

Will someone be able to assist me in the Wellness Center if I do not have an appointment?

Yes, during certain times of the day a Y Exercise Tech will be present to assist members.

Is personal training included in membership?

Personal Training is a separate program. You will receive a complimentary 30-minute consultation with a Personal Trainer. During this session, you will discuss your health and fitness goals. The Trainer will help you determine the best type of Personal Training package to purchase based on your goals, health history, and your availability. Ask a Wellness Staff Member for more info.

Can I bring my own Personal Trainer into the Wellness Center to assist me?

No. Personal Trainers must be employed by the Greater Valley YMCA to operate legally in the facility.

Do you have a Nutritionist/Dietician on-site?

No. We do not have a Nutritionist/Dietician on staff at this time. However, depending on your nutritional goals, we can make a recommendation regarding nutrition specialists in the community. If you are interested in working with a nutrition specialist, then ask to schedule a time to meet with a Wellness Coordinator.

What can I expect from the Aqua Fitness classes?

Aqua Fitness classes provide a cardiovascular and resistance training workout. You are able to choose your own intensity level for the duration of the class. Intensity levels will be described by the instructor. The instructor may be in the water with the class, or teaching from the pool deck, depending on the type of class you are attending at the time. If you have special concerns or questions, then please arrive a few minutes early to speak with the instructor.

What is the difference between "AOA" classes and other classes?

"AOA" (Active Older Adult) classes are designed to provide a low-impact cardiovascular and resistance training exercise program. Participants have the option to perform exercises from a seated position in a chair. Participants are welcome to bring wheelchairs and other assistive devices to the classes.

General fitness classes vary in length and intensity. Please speak with an instructor to help you determine which class(es) would be most appropriate for your current health/fitness levels.

Are the instructors certified in what they are teaching?

All Group Fitness Instructors and Wellness Staff, including Exercise Techs and Wellness Coaches are certified professionals.

How do I become a certified Group Fitness Instructor or Personal Trainer?

There are many options for certification. Schedule a meeting with one of the following Wellness Coordinators to discuss your career goals to help determine the best path to certification.

Group Fitness Instructor inquiries: abrilhammerstone@qv-ymca.org

Personal Trainer inquiries: fredjennings@qv-ymca.org

Additional questions?

Contact:
Fred Jennings, Wellness Center Coordinator
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610-258-6158 x408

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