

Wellness Clinics

Beginning October 27th, 2008

Join us for a quick session and receive training ideas, assistance and tips from our certified fitness trainers!

There's no need to register – meet the trainer at the Fitness Service Desk up in the Fitness Centre just prior to session start times. Please come prepared for exercise in athletic attire, running shoes, water bottle and towel.

Wellness - Cardio

Learn how to use, set, and program cardio equipment such as the Wave, elliptical trainers and treadmills.

Monday: 8:30am, 4:00pm
Tuesday: 3:00pm
Wednesday: 3:00pm, 7:00pm
Thursday: 11:30am, 4:00pm
Friday: 11:00am
Sunday: 2:00pm

* Member etiquette and Fitness Centre Guidelines will be reviewed throughout each clinic.

Wellness - Strength

Learn how to use the TechnoGym™ strength equipment. Trainers will provide quick demonstrations and advice on set-up, form, technique, and sample workouts.

Monday: 11:30am
Tuesday: 2:00pm
Wednesday: 3:00pm
Thursday: 7:15pm
Friday: 2:00pm, 7:00pm
Sunday: 3:00pm

Wellness - Core Strength & Flexibility

Learn how to properly stretch after a workout. Tips and advice will be given on the use of available equipment to enhance core strength and increase total body flexibility.

Monday: 8:45am
Tuesday: 1:30pm
Wednesday: 11:30am
Thursday: 2:00pm
Friday: 8:30am



YMCA of Western Ontario