



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wellness Coaching

Take advantage of our FREE service designed for new and existing members unsure of how to benefit from all the YMCA offers. We make available a variety of services to help you accomplish your goals and your Wellness Coach can assist you in determining which option is best for you!

Your Wellness Coach can offer:

Fitness Assessment: Fitness Assessments are a great starting point for members to determine their baseline, where they are now in the broader scheme of their exercise planning.

Equipment Orientation: Equipment Orientations provide an opportunity for members to learn how to safely and effectively use our cardio and strength equipment. Members learn proper technique and how to adjust or program each machine to best optimize success in their fitness program.

Personal Training & Nutrition Counseling

Working with a personal trainer is one of the fastest, easiest, most successful ways to improve your health and fitness. Our Personal Trainers are educated, qualified professionals who help you achieve your health and fitness goals quickly and safely. All programs are customized to each individual's unique body and goals, optimizing your time for maximum results. Also, get answers to your questions regarding fad diets, supplements, disease prevention, and more in a one-on-one Nutrition Counseling Session with one of our Dieticians.

Take these steps to hire your Personal Trainer or Nutritionist:

1. Complete the registration/inquiry form
2. Pay for your sessions at the Welcome Center
3. You will receive a confirmation phone call

Your Personal Trainer or Nutritionist will contact you to schedule your sessions.

Rescheduling: Appointments may be rescheduled no less than 24-hours before the scheduled session. Payment is required for missed sessions, or notice of cancellation less than 24-hours prior to the scheduled session. Our trainers will wait 10-minutes after scheduled appointment before this policy goes in to effect.

Payments: All payments are made at our Welcome Center. All sessions must be used within one year of purchase. All unused sessions after that date are automatically forfeited without further notice to you, the client. No refunds are given for unused or prepaid sessions.

1 SESSION	\$50
3 SESSIONS	\$143
5 SESSIONS	\$225
12 SESSIONS	\$510
24 SESSIONS	\$960

BRIARGATE FAMILY CENTER

4025 Family Place, Colorado Springs CO 80920



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Training

SMALL GROUP TRAINING

Small Group Personal Training is an alternative to one-on-one Personal Training. Get the benefit of working with a Personal Trainer in a small group setting. Custom designed workouts are tailored specifically to each small group. You will receive accountability, motivation, support, experience and expert guidance to reach your fitness goals at an economical rate. Training groups are specific to:

Youth Fitness	Weight Loss
Sport Specific	Weight Gain
Injury Prevention	Triathlon Training
Pre-Natal	Post-Natal
Marathon Training ... and much more!	

1 SESSION	\$75
3 SESSIONS	\$218
5 SESSIONS	\$356
12 SESSIONS	\$828
24 SESSIONS	\$1584

YOUTH FITNESS

A balanced program, designed to improve sports performance, teach proper resistance training technique, and develop overall fitness and well being. Classes incorporate resistance training, as well as agility exercises and functional movement, in order to best impact all fitness levels.

Members	\$40
Non-Members	\$50

GROUP STROLLER FITNESS (May – September)

A complete workout for Moms of all fitness levels with stroller aged children. It includes intervals of walking/running and strength training utilizing resistance bands, your stroller, and the environment. Classes are built to include and entertain your children, while getting you the results you want!

Members	\$30
Non-Members	\$40

MOM AND ME FITNESS (October – April)

A complete workout for Moms of all fitness levels with their infants and crawlers! It includes cardio bursts/intervals and strength training utilizing resistance bands, your baby, and the environment. Classes are built to include and entertain your children, while getting you the results you want!

Members	\$30
Non-Members	\$40

WOW 1 (Women On Weights, level 1)

A strength based workout with a strong focus on proper lifting technique and form. Each class is designed to encourage independence and sound strength training principles specifically for women. Best for new participants!

Members	\$50
Non-Members	\$65

WOW 2 (Women On Weights, level 2)

A strength based workout with a strong focus on proper lifting technique and form. Each class is designed to encourage independence and sound strength training principles specifically for women. Training and technique progresses and is meant for the participant who has completed our WOW 1 class.

Members	\$75
Non-Members	\$90

ADVENTURE COLORADO (6 week program)

What better way to explore Colorado? Prepare through the week for a different hike every Saturday. Hikes are progressively challenging and meant to introduce you to

Members	\$50
Non-Members	\$60