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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Blood Pressure Self Monitoring Program</b>	Blood Pressure Self Monitoring Program	18 to 118	Thurs.	11:00 AM - 2:00 PM	\$40.00	\$40.00
<b>Personal Training</b>	Personal Training Packages			No Time Specified	See Branch	N/A
<b>Personal Training Consultation</b>	Skyline Branch (Downtown Fort Wayne)	18 to 118		No Time Specified	\$0.00	\$0.00
<b>Wellness Center &amp; Equipment Orientations</b>	eGym Circuit Training Orientation			No Time Specified	\$0.00	\$0.00
<b>Wellness Consultation</b>	Wellness Consultation			No Time Specified	\$0.00	\$0.00
<b>Wellness For Life Coaching Program</b>	2024			No Time Specified	\$0.00	N/A
<b>Youth Fit</b>	2024 Youth Fit - Level 1 (Ages 9-10)	9 to 10		No Time Specified	\$0.00	\$0.00
	2024 Youth Fit - Level 2 (Ages 11-14)	11 to 14		No Time Specified	\$0.00	\$0.00



**Blood Pressure Self Monitoring Program**

BPSM Program: Participants will work with trained healthy heart ambassadors for the duration of a 4 month program. During this time participants will be encouraged to: self measure BP, attend 2 personalized consultations per month, attend monthly nutrition education seminars.

**Personal Training**

Start your workout off right by working one-on-one with a certified personal trainer. An individualized program will be designed to help reach your health and wellness goals.

**Personal Training Consultation**

Start your fitness journey with a plan customized to your fitness goals and ability! YMCA members can register here for a FREE, one-on-one initial appointment with a personal trainer. You'll be contacted to set up your appointment where you can discuss goals for your individualized workout plan. Our trainers will teach you how to exercise safely with correct form and technique, maximizing results and keeping you accountable to your goals. The Y has a trainer for every style of workout, and every level. Sign up today and take the guesswork out of your routine and achieve your fitness goals faster!

**Wellness Center & Equipment Orientations**

In this 30-minute orientation session we will set you up on a circuit routine with our 8 eGym pieces of specialized weight training equipment. You will receive your own wrist band fob catered to your account that you will use each time you use the circuit.

**Wellness Consultation**

This 30-45 minute session with a Wellness Coach will allow you to explore and identify all the ways you can get involved with your membership to help with your health and wellness goals. We will also help identify next steps for you in your wellness journey

**Wellness For Life Coaching Program**

A 30-45 minute meeting with a wellness coach/director that will help you explore and identify all the ways you can get involved with your membership to help with your health and wellness goals. Take yourself to their next step at the Y.

**Youth Fit**

Learn about flexibility and how to use the cardio equipment