



Y-Fit Journey

Don't know where to start?

Not getting the results you want?

1. Free Evaluation:

The first step in your Y-Fit Journey is a sit down session with a certified personal trainer, to discuss what you would like to achieve as a member of our YMCA. This will look different for each member as each individual has a different background and different goals in life. During this time you will be given tips on nutrition, exercise routines, posture, and which programs would benefit you most moving forward.

2. Free Personal Training Session:

The next step is to schedule a free, 1 hour training session to get you started on your path to success in reaching your goals. This session will be directly tailored to your individual needs based on the information received from the evaluation.

We understand that it can be intimidating at first when you walk in the doors to a gym and aren't really sure where to start. That is why we recommend that each one of our members try out this program.

Whether you have never worked out in your life or you're a seasoned veteran looking to switch up the routine, this program will help jump start your results and place you on a path to be more successful in achieving healthy living. Y-Fit Evaluations can be scheduled by yourself or with a friend/family member!