

WINTER 2020 HEALTH & FITNESS ACTIVITIES

Updated 12/3/19



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MID-WILLAMETTE FAMILY YMCA

3201 SW Pacific Blvd, Albany, OR 97321

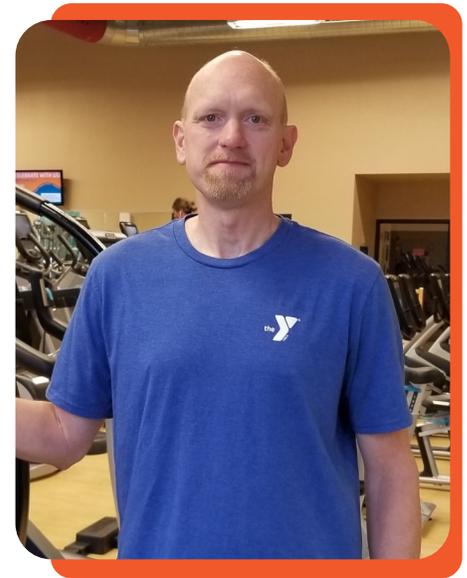
P: 541 926 4488 F: 541 928 0071

www.ymcaalbany.org

HAVE YOU MET PERSONAL TRAINER?

MEET DANIEL

**NASM Certified Personal Trainer
IIN Certified Health Coach
Taiji Fit Instructor**



Daniel has always led an active lifestyle. Whether he is hiking, cycling or other outdoor sports. Then, in 2017 he really became serious about living healthy. He studied at the Institute for Integrative Nutrition and became a Certified Health Coach. When that training was completed, he trained under David Dorian Ross to be a Taiji Fit instructor. In 2018 he obtained received his certification through the National Academy of Sports Medicine and became a Certified Personal Trainer. Most recently, he became a Youth Exercise Specialist and he is currently studying to get a certification in corrective exercise. He has worked with people who have special needs and is excited for the opportunity to bring his respect, compassion and experience to help people in this community reach their health and fitness goals by using a systematic approach to progress any client to any goal while keeping safety a priority.

PERSONAL TRAINER TIP

As we jump into a new season remember to take care of yourself! This not only can include regular and consistent movement and exercise for your body, but proper recovery as well. It's easy to rest and not do anything on your days off, but are you doing the proper things to help sustain and maintain the progress you are making? Make sure you are: Drinking enough water, getting enough sleep, fueling your body appropriately (with enough calories and eating the rainbow), working on mobility (joint range of motion), and stretching properly. So many of these components can be neglected. Start with one and then slowly include the others into your routine. Your routine will not always be perfect, but over-time consistency is key!

- Audrey Ewing B.S., ACSM-CPT

POWER ZONE

Join this small group training atmosphere and learn proper body mechanics and how to build strength and muscular endurance with our qualified personal trainers. This is a great way to stay accountable.

Mondays and Wednesdays 5:30-6:15am w/ Brittany
Members: \$50/ Guests \$75 per month

LIFETIME WELLNESS

A small group training class geared towards active older adults who are looking to improve cardiovascular endurance, muscular strength, bone density, and activities of daily living. Lifetime Wellness will provide workouts specific to your ability level, basic nutrition tips, as coaching to help you overcome any perceived obstacles.

Mondays and Wednesdays 9-9:45am w/ Tarah
Members: \$50/ Guests \$75 per month

HAVE YOU MET OUR INSTRUCTOR? MEET ASHLEY



What inspires you to teach?

I love helping inspire and support others to go after their goals in life, especially with their health. I enjoy cheering them on and encouraging them that they can reach those goals.

How long have you been a fitness instructor?

I have always been involved in fitness, but a certified instructor for 2 years now

What do you enjoy doing for your own fitness?

I enjoy Zumba, running, walking, and hiking.

Why do you like working at the Y?

I love the people I work with and get to partner with as I teach. I also love the positive atmosphere.

What is your fitness background and how does it apply to how or what you teach now?

I have been involved with sports since the 3rd grade playing basketball, softball, volleyball and track. I even ran cross country and track in college. I have always loved working out and inspiring others to stay physically fit. I teach and sub 6 different classes at the YMCA and I believe the diversity of sports and fitness has helped me to be flexible in many different classes that I have the privilege of teaching.

What are some (fitness related) goals you have?

I would love to continue to grow in teaching more classes and would even love to work one on one with clients and members teach their fitness goals

Check out one of Ashley's classes:

Aqua Combo

Tuesdays & Thursdays 10:15-11:05am

Gentle Aqua

Wednesdays 1-1:50pm

SWEAT IT OUT

Take a cardio class this Winter!

Zumba w/ Lily MWF 10:15 am

Cycling w/ Stephanie & Tarah MW 6:00pm

Cycle Xpress w/ Bobbi Jo TTH 10:05 am

Dance Fit w/ McCall TTH 10:05 am

Kickboxing w/ Brittany TTH 6:00 pm

Fitness Dace Mix w/ Lily TTH 6:00 pm

Zumba w/ Andrea Sat 10:30 am



Better Bones & Balance for Beginners

This is a free community class, open to the community, guests, and members. A YMCA membership is not required to attend.

Mondays, Wednesdays, Fridays 9-9:50am
Tuesdays, Thursdays 12:15-1:05pm

Chris Hill
Health & Fitness Director
541-926-4488 x 112
fitness@ymcaalbany.org



Audrey Ewing
Health & Fitness Coordinator
541-926-4488 x 113
audreyewing@ymcaalbany.org