

Far beyond feeling good, massage has an impressive range of documented health benefits. With a variety of methods available, a licensed and certified massage therapists not only stretches and loosens muscles and connective tissue, but greatly improves blood flow. The release of muscular tension also helps to unblock and balance the overall flow of life energy throughout the body.



## BENEFITS OF MASSAGE THERAPY

- Increase flexibility
- Promote tissue regeneration
- Relax and soften injured, tired and/or overused muscles
- Rehabilitation from injuries
- Reduce spasms and cramping
- Aid in reducing anxiety and depression.
- Reduce Stress

MASSAGE THERAPY		
SERVICE	MEMBER RATES	NON-MEMBER RATES
<b>Bronze</b> <b>(1 Session)</b>	\$57	\$74
<b>Silver</b> <b>(3 Sessions)</b>	\$150	\$200
<b>Gold</b> <b>(5 Sessions)</b>	\$244	\$330
<b>Platinum</b> <b>(10 Sessions)</b>	\$475	\$630
<b>30 Minute</b> <b>Massage</b>	\$45	\$60

## Appointments and Cancellation Policies

Our personal trainers, massage therapist and nutritionist are available by appointment only. All sessions are 1 hour in length unless otherwise noted, and are valid for one year from purchase date. 24 hour advance notice is needed for cancellations. Refunds, if approved, will be subject to a 10% processing fee.

## CONTACT:

Kiara Ross  
212-912-2197 or  
Kross@ymcanyc.org  
ymcanyc.org/ridgewood



# RIDGEWOOD YMCA

## HEALTHY LIFESTYLES SERVICES 2017

- PERSONAL TRAINING
- MASSAGE THERAPY
- PRIVATE DANCE & YOGA LESSONS



RIDGEWOOD YMCA  
64TH ST. AT CATALPA AVE., RIDGEWOOD, QUEENS  
11385 212-912-2180 ymcanyc.org/ridgewood

Personal Training will allow you to have a personalized workout plan designed to reach all your fitness goals! In addition, our trainers will teach you proper exercise techniques to maximize safety and efficiency in a minimal amount of time.



### OTHER BENEFITS INCLUDE:

**SPORT-SPECIFIC TRAINING** - A workout program can be designed to specifically address the needs of your sport, enhance your performance, and reduce injury.

**INJURY PREVENTION/REHABILITATION**—Injuries can prevent you from performing your daily activities as well as participating in your favorite activities. A personal trainer can help enhance your recovery as well as address muscular balance to prevent future injuries.

**SPECIAL NEEDS TRAINING**—Individuals who have health challenges such as asthma, diabetes, or heart disease can benefit greatly from regular physical activity, however, these conditions can make exercising safely a challenge. Some of our personal trainers are experienced in designing programs that address the special needs of these and other conditions.

The Personal Trainers at the Ridgewood YMCA must maintain their current certification from nationally recognized associations such as ACE, ACSM, AFAA, NSCA or NASM. Our trainers are also CPR Certified.

## INTRODUCTORY 3-SESSION PACKAGE 1-1 PERSONAL TRAINING

Want to try out Personal Training? The 3-session Package is perfect for you!  
Limit 1 time purchase, per person.\*

SESSION	PRICE PER PERSON
<b>3 Session</b>	<b>\$150*</b>

## 1-1 PERSONAL TRAINING SESSION (1-HOUR)

Enjoy a full 1 hour session with a personal trainer to get the maximum benefits from your workout.

SESSION(S)	MEMBER PRICE	NON-MEMBER PRICE
<b>1</b>	<b>\$60</b>	<b>\$74</b>
<b>5</b>	<b>\$280</b>	<b>\$335</b>
<b>10</b>	<b>\$550</b>	<b>\$665</b>
<b>20</b>	<b>\$990</b>	<b>\$1230</b>

**ACHIEVE  
YOUR GOALS**



## PRIVATE DANCE & YOGA LESSONS

Work one on one with an instructor within the field you like. Our offerings in dance consist of Belly dance, Bollywood, Bhangra, Ballet, Hip Hop, Jazz and African dance. Our Yoga offerings are Anusara, Vinyasa, Hatha and Kripalu Yoga. Choose your style of dance or yoga and get started with your one on one training today.

SERVICE	MEMBER RATES	NON-MEMBER RATES
<b>1 Session</b>	<b>\$50</b>	<b>\$90</b>
<b>5 Sessions</b>	<b>\$245</b>	<b>\$285</b>
<b>10 Sessions</b>	<b>\$490</b>	<b>\$570</b>

**Interested in one of our services? Leave us your contact information at the membership desk and one of our trainers will contact you.**

- ☐ Personal Training
- ☐ Massage Therapy
- ☐ Private Dance/ Yoga Lessons

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Trainer Preference : \_\_\_\_\_