

YCORPORATE WELLNESS SERVICES

We build strong kids, strong families, strong communities.

Wellness Presentations

Each presentation can be adjusted to fit your schedule.

Cost: \$50.00 per half hour session

Topics

- Stress Management and Relaxation techniques
- Exercise in the Workplace; Office Yoga, Stretching and Strengthening
- How to Start an Exercise Program
- How to Start a Walking Program
- Healthy Eating Habits/Food Pyramid/Serving Sizes
- Heart Disease/Hypertension: Using Exercise in prevention
- Eating Out: How to make Healthy Choices in Restaurants
- Weight Management mini-lecture
- Setting Realistic Fitness Goals
- Stretching: How, When & Why
- Benefits of Strength Training
- Get on the Ball (Fitness Ball)
- Get Fit as a Family
- Fad Diets
- Staying on Track during the Holidays

Do you have another topic in mind? If so, please ask and we will let you know if we can provide you with a speaker on that topic

On-Site Fitness Assessments

\$75.00 Administration and set up fee per visit

\$10.00 per person. (Includes 7 assessments).

Each person will receive a comprehensive report of his/her results and a comparison chart of the norms for their age group.

Fitness Assessments

- Height/Weight
- Body Composition
- Muscle Strength
- Muscle Endurance
- Cardiovascular Endurance
- Blood Pressure
- Muscle Flexibility

Individual Assessments at the Workplace

\$50.00 per hour

- Blood Pressure

- Body Composition or BMI

CPR/AED and First Aid Certification

American Red Cross Certification Program

CPR and AED certification good for one year, First Aid good for 3 years

Cost: \$30.00 per person

On-site classes available (Minimum cost \$300.00 for up to 10 participants)

Group Exercise Classes

On-site classes are available

Cost is \$50.00 per half hour session or \$40.00 per half hour session for on-going sessions

Corporations must provide their own equipment including sound equipment

Classes Available

Yoga

Pilates

Kickboxing

Step

PiYo

Boot Camp

Power Pump

Beginning Aerobics

Hi/Low Aerobics

Jump Rope Class

Super Circuit

Abs, Back and Glutes

Toning

Custom Designed Wellness Programs

If you don't see what you are looking for in this list of program offerings let us know. The Lincoln YMCA can custom design a wellness program for your company based on your needs and goals.

Contact

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