

WEEKLY SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	DAY					
	MON	TUE	WED	THU	FRI	SAT
6:15 am		Matt M		Aboli		
9:00 am	Michelle		Matt S		Darren	
10:00 am						Jace
7:30 pm				Seema		

INFORMATION Matt Montelongo
matt.montelongo@ymcasv.org
408 351 2425

REGISTER Online: nwymca.org
Phone: 408 351 2400
In person: At our Front Desk

IGNITE YOUR WEIGHT LOSS GOALS

Ignite Weight Loss Program NORTHWEST YMCA

Session I: January 8 - February 17

Session II: February 19 - March 31



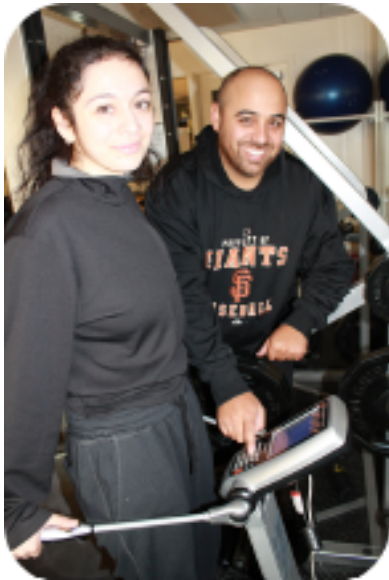
ABOUT IGNITE

Our Ignite Weight Loss program is based on **High Intensity Interval Training (HIIT)**. This type of workouts **burn more calories** and more body fat than traditional workouts.

During your Ignite workouts you will use a **heart rate monitor** to measure your performance data. You can connect your results with your favorite App on your phone to keep track of your progress.

We will use **In-Body composition analysis** to measure your fat and muscle percentage, first and last day of class. This will show a very detailed result of your progress and fat loss.

You will be provided a **food log** first day of class. Our trainers will review your food log weekly and advise you how to best reach your weight loss goals.



EXPECTATIONS

DURING YOUR IGNITE WEIGHT LOSS PROGRAM YOU CAN EXPECT:

- Weight loss
- Improved total-body conditioning
- Building muscles
- Increased cardio endurance
- Increased metabolism
- Reduced heart rate and blood pressure
- Reduced stress levels and improved sleep



FEE (6 Week Program)

1x per week	Facility Member	\$69
	Program Member	\$99
2x per week	Facility Member	\$118
	Program Member	\$138
3x per week	Facility Member	\$159
	Program Member	\$179