

INNOVATIVE NEW WAYS TO STAY FIT



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Greater Beverly YMCA

254 Essex Street, Beverly, MA 01915

978.564.3486

www.northshoremca.org

HEALTH & WELLNESS NEWSLETTER

TRAINER OF THE MONTH

KAREN GIROUX

**ACE Certified Personal Trainer
Certified USA Track and Field Coach**



Karen is a ACE Certified Personal Trainer, USA Certified Track and Field Coach, Certified TRX Trainer Certified, Mad Dogg Certified Spin instructor and High School Girls cross country coach. She develops programming in core stability, functional training, sports conditioning and nutrition and exercise for weight management. Karen has been working with the Y for years and is an integral part in people's successes. Karen has assisted those training for marathon, half marathon and 5ks, as well as those seeking one on one attention through her effective personal training program designs.

Currently Karen is a spin instructor and a specialty class instructor. For the Winter session Karen will be offering Metabolic Training for Fat Loss (below), Women's Total Body Training and TRX Circuit. To sign up for any of these classes, see the Sterling front desk or sign up online at www.northshoremca.org today.

METABOLIC TRAINING FOR FAT LOSS

Blast fat, maximize lean muscle and create a measurable difference in your body's shape and performance today! Class comes with 2 FREE BodyMetrix body composition assessments so you can measure your progress as a result of this class. Register at the Sterling Y Welcome Center. Taught by Certified Personal Trainer Karen Giroux.

Friday 9:00am

WINTER SPORTS CONDITIONING

Work on strength, agility, power and endurance for peak performance in the powder. Whether you like to downhill or cross-country ski, snowboard or snow shoe, this class will prepare your muscles for both performance and safety. Register at the Sterling Y Welcome Center. Taught by Certified Personal Trainer, Jon Jodoin.

Monday/Wednesday 7:00pm

FREE FOR MEMBERS

Strong Kids, Strong Families Open Fitness

Kids and families ages 8 and up can get fit together! Saturday 3-5pm and Sunday 4-6 pm on the Sterling Fitness Floor

Strong Kids Get Stronger

Tristan Kent's Hour of Power for kids ages 8-13. Learn the basics of strength training with a Certified Personal Trainer 3-4pm every Saturday

QUESTIONS, COMMENTS, IDEAS?

Your feedback helps us run great programs. We want to hear how much fun you are having and would love to know if there are things we can do to improve your experience. Please contact **Andrew Walker, Greater Beverly YMCA, Director of Health and Wellness** at **978-564-3486!**



RIPPED ON ROPES MASTERCLASS!

Want a simple, yet intense way to get chiseled? Check out Ripped on Ropes, the Y's new way of torching your core, arms, shoulders and legs, all muscles at a time!

Register at the Sterling Y Welcome Center.

Saturday January 14th 11:30am - Instructed by NASM Certified Personal Trainer John Boyle

Wednesday, February 8th 7:30pm - Instructed by ACE Certified Personal Trainer Andrew Walker



BodyMetrix™
By IntelaMetrix®

BODYMETRIX IS HERE NOW!

**SIGN UP FOR YOUR \$15
ASSESSMENT TODAY!**

Get a \$15 body composition analysis with the state-of-the-art BodyMetrix system. This non-invasive technology uses ultrasound to measure body fat, lean muscle tissue, body mass index and more! Ensure the ability to SEE and MEASURE all your hard work, set training goals and establish a baseline for healthy improvements now!

Contact Andrew Walker, Director of Health and wellness, at 978-564-3486 for more information and to sign up today!

HORIZONTAL CORE

Give your abs hips and back an awesome workout with multiple circuit stations. Placed in a studio setting, rotating exercise routines will challenge the intermediate to advanced exercise to new heights in this ever challenging one hour class. Use steps Bosu Balls, Body Bars, TRX Trainers, free weights, mats, medicine balls and bands to learn new core challenging exercises under the guidance of Certified Personal Trainer Lee Benton. Register at the Sterling Y Welcome Center.

Monday 6:30pm



ACTIVTRAX

**A REVOLUTIONARY VIRTUAL TRAINER PROGRAM
FREE FOR YMCA OF THE NORTH SHORE MEMBERS!**

ActivTrax is a revolutionary, web-based virtual trainer program that takes the guesswork out of your workout – and it's free for YMCA of the North Shore members! We've all been there – wondering what exercises to do, when to do them or even how to do them. That's why we've brought you ActivTrax! This "virtual trainer" serves as your workout partner and understands your wants, needs and goals. It's simple to use, very effective and easy to get started.

