

# Y SPECIALTY PROGRAMS

## Livestrong

Tuesday 11:00-12:15 P.M.  
 Thursday 11:00-12:15 P.M.  
 Free Member  
 Free Program Member



## Fall Proof & Balance

Tuesdays 9:00-10:00 A.M.  
 Thursdays  
 Free Member  
 \$40 (1x/wk.) \$80 (2x/wk.) Program Member

## Fitness Evaluation

By Appointment  
 \$35 Member  
 \$75 Program Member

## Body Composition Testing

By Appointment  
 \$25 Member  
 \$50 Program Member

## Personal Training

By Appointment  
 Member  
 1 - 1 hr session \$50  
 3 - 1 hr session \$135  
 6 - 1 hr session \$240  
 12 - 1 hr session \$420  
 15 - 1 hr session \$450

## Program Member

1 - 1 hr session \$100  
 3 - 1 hr session \$270  
 6 - 1 hr session \$480  
 12 - 1 hr session \$840  
 15 - 1 hr session \$900

## Buddy Training

By Appointment  
 Per 1 hr session - Max. 2 people  
 \$20 Member  
 \$40 Program Member

## Small Group Training

By Appointment  
 Per 1 hr session - Max. 6 people  
 \$15 Member  
 \$30 Program Member

## The Y Life Team Challenge

Saturdays Training Sessions are by appointment.  
 \$280 Member  
 \$280 Program Member

## Y-Change

Mondays 6:00-7:00 P.M.  
 Free Member  
 \$189 Program Member

## Wedding Day Bootcamp 8-Week Training Program

By Appointment 1 hr session  
 \$150 Member  
 \$300 Program Member

## Muscle Up (For Men only)

Tuesdays 6:00 P.M.  
 Thursdays 6:00 P.M.  
 \$60 Member  
 \$120 Program Member

## Kettle Bell Training

By Appointment  
 Buddy/Group rates apply  
 \$20/\$15 1 hr session per person Member  
 \$40/\$30 1 hr session per person Program Member

## Women on Weights I

Fridays 9:30-10:30 A.M.  
 Saturdays 8:00-9:00 A.M.  
 \$60 Member  
 \$120 Program Member

## Women on Weights II

Saturdays 10:30-11:30 A.M.  
 \$60 Member  
 \$120 Program Member

As a member of the **YMCA of Greater Providence**, you are a member of all the branches listed below. Your YMCA membership may also be used at other YMCAs in and out of state. Check with your branch Member Welcome Center for reciprocal YMCA information.

**Bayside Family Y**  
 70 West St.  
 Barrington, RI 02806  
 401-245-2444

**Newman Y**  
 472 Taunton Ave.  
 Seekonk, MA 02771  
 508-336-7103

**Cranston Y**  
 1225 Park Ave.  
 Cranston, RI 02910  
 401-943-0444

**Providence YMCA Youth Services**  
 371 Pine St.  
 Providence, RI 02903  
 401-456-0604

**East Side/Mt. Hope Y**  
 438 Hope St.  
 Providence, RI 02906  
 401-521-0155

**South County Y**  
 165 Broad Rock Rd.  
 Peace Dale, RI 02883  
 401-783-3900

**Kent County Y**  
 900 Centerville Rd.  
 Warwick, RI 02886  
 401-828-0130

**West Bay Y**  
 7540 Post Rd  
 North Kingstown  
 401-295-6501

**YMCA Camp Fuller (Resident Camp)**  
 619 Camp Fuller Rd.  
 Wakefield, RI 02879  
 401-783-5359

