

START SMALL. AIM HIGH.

Of all Americans, 97% struggle to complete their regular exercise each week, even though we know how important it is to our health and well-being.

As a new or returning Harrison Family YMCA Member, we would like the opportunity to connect with you and help you meet your personal health and wellness goals.

WE WILL GET YOU STARTED and give you the tools to KEEP GOING with our Coach Approach program!

FOR MORE INFORMATION

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR FITNESS JOURNEY

Coach Approach

HARRISON FAMILY YMCA



GETTING STARTED

You may sign up at the front desk to participate in this program.

After you sign up, a Healthy Living staff member will contact you via telephone to set up your initial appointment with your coach.

HOW THE PROGRAM WORKS

We will meet with you one-on-one over a 3 week period with a 30 minute session per week. During these sessions, we will evaluate your goals together, give you advice and lead you in the right direction that will be most valuable on your health and fitness journey!

You will also be introduced to our programs, classes, machines and become acquainted with our trained Healthy Living staff.

THIS PROGRAM IS FREE TO ALL

IN YOUR SESSION...

- Get friendly guidance from our trained coach, who will take you on a guided tour of the cardio and strength equipment
- Discuss your health needs and goals
- Get answers to your exercise questions
- Learn measurable effects of your exercise on mood, stress, and energy levels
- Receive an overview of the building and our programs and services
- Gather many great tips to help you stay on track!

BENEFIT TO YOU

- Build success
- Commit to a manageable program
- Create realistic expectations
- Increase energy levels
- Improve mood
- Reduce fatigue
- Tailor workouts around activities you enjoy
- Connect with other members and staff
- Become more comfortable with the facility and your new health journey!

TAKE YOUR HEALTH & FITNESS EVEN FURTHER...

COMPLETE COACH APPROACH FOR 10% OFF PERSONAL TRAINING!