

KENDALL GAZETTE

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Mind-Body Fitness at the South Dade Family YMCA!

- By Julian Castro, Membership and Wellness Director, South Dade Family YMCA



YMCA members Judy McMonus and Joan Neil enjoy working out at the Y.

No other fitness facility is quite like the YMCA. The Y is different because it is so much more. It is a place where anyone from preschoolers to seniors can enjoy a multitude of programs and activities in a friendly and nurturing environment; a place to grow and learn, together.

"Y Fitness is all about health and living a long, productive life; it's mind-body fitness," said Barbara Rincon, personal trainer for the South Dade Family YMCA. "It's about conditioning our hearts to where we can prevent disease so that when we get older, we can still move around and not have to rely on others."

The South Dade Y has many fitness options, one of which is sure to fit your particular needs.

Personal training sessions can be set up at your convenience with any of our talented and welcoming instructors who can give you a targeted fitness and nutrition plan, whether you want to lose a few pounds or strengthen your heart, energize your body or become more flexible.

Individual sessions can be an hour or a half hour, once a week, a few times a week, or every day,

Visit YMCA Personal Training
ymcamiami.org/LocationsSouthDadeYMCA.aspx

depending on your particular needs and schedule. Packages are affordable and designed to fit every income level. It shouldn't cost a fortune to stay fit and healthy!

Before you can begin a personal training routine, you must complete a fitness assessment to see where your fitness level is and where it needs to be. The trainer will create a fitness and nutrition plan that is right for you. Age, medical history and any past injuries are also considered when developing a personalized fitness plan to ensure that your work out is a safe and productive one every time.

"Most people that come in to inquire about personal training automatically want to know how many days



Julian Castro, YMCA Membership and Wellness Director, and Barbara Rincon, YMCA Personal Trainer, are here to help strengthen members' spirits, minds and bodies.

they need to work out in order to get a quick weight loss fix," said Rincon. "A lot of people don't understand the health reasons behind personal training like staying fit and being able to handle everyday stresses, but only look at the physical effects instead."

Personal training can be beneficial because it allows you to get one-on-one attention, and a trainer that is focused on you to make sure you are doing exercises correctly and avoiding any injuries, said Rincon.

The Y also offers an array of fun and challenging **group exercise classes**. Classes include Pilates, Yoga, Spinning™, Tai Chi, Step and Sculpt, Cardio Circuit and MORE! There are even exercise classes offered for youth and teens.

The YMCA also hosts **8-week boot camps** where participants work with a trainer and create a suitable plan to improve their bodies and their health within the eight weeks.

Another health initiative happening this fall is **South Dade Family YMCA Fit Kids**, designed for inactive

Y Fitness is all about health and living a long, productive life.

children 6 to 12 years old. The program teaches nutrition, wellness and the importance of physical activity through fun activities and lessons.

The YMCA is a great place to come and fulfill your entire family's fitness needs.

"This is not the type of gym where you come in and feel uncomfortable and intimidated; where everyone is out to impress, especially if it's your first time working out," said Rincon. "Instead it is a friendly and caring environment with trained staff available to make you feel comfortable as you reach your fitness goals. Here at the Y, everyone says hello when you walk in. It's like a big family."



Julian Castro spots YMCA member Chris Baylis during a set on a Smith Machine Bench Press.

For more information:
 Call 305-254-0310; Visit ymcamiami.org
 or just come by the South Dade Family YMCA
 9355 SW 134th Street, Miami.

Fall into fitness at the YMCA!

