

FITNESS ON REQUEST™

VIRTUAL FITNESS SYSTEM IS NOW AVAILABLE

Olean YMCA



THIS SYSTEM WAS MADE POSSIBLE THROUGH A GRANT FROM THE CATTARAUGUS REGION COMMUNITY FOUNDATION.

Fitness On Request™ introduces the concept of kiosk-based video group fitness. The concept will help us to increase flexibility and convenience of group fitness programs. With Fitness On Request™ solution, group fitness becomes just as convenient to members as a treadmill or elliptical.

Fitness On Request™ Elements Fitness™ format offers eight (8) major genres, plus a series of express workouts - more than 50 unique courses of varying time lengths with simultaneous, multi-level instruction. This is based on over 100 classes that are filmed each year.

Members can use these programs as additional **scheduled** offerings OR to take a fitness class when the studio is not scheduled and it works for their schedule.

Please see the wellness staff for assistance with the kiosk.

Classes are available for Y members only!

It's group fitness... to the power of you.

CURRENT SCHEDULED VIRTUAL FITNESS CLASSES: (FEB. 17-APRIL 12, 2014)

SUNDAYS:	10:00 AM	VIBE 250 (dance 50 min.)
	11:00 AM	TKO KICKBOXING 120 (20 min.)
	12:00 PM	FUSION MIND-BODY (50 min.)



If you would like to see a virtual class scheduled at a specific time/day, please send your suggestion to inku@yourymca.org. (We can only accommodate requests that fit into the studio schedules.)



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**