

BUILDING A HEALTHIER COMMUNITY TOGETHER



WELLNESS SERVICES MENU
 YMCA OF SOUTHWEST FLORIDA
 SWFLYMCA.ORG



VIRTUAL SERVICES

EXCLUSIVE VIRTUAL GROUP EXERCISE

- 1 Class/Week per Month: \$160
- 2 Classes/Week per Month: \$304
- 3 Classes/Week per Month: \$420

EXCLUSIVE VIRTUAL SMALL GROUP PERSONAL TRAINING

(MAX 5 PARTICIPANTS PER TRAINER)

- 1/Week per Month: \$240
- 2/Week per Month: \$464
- 3/Week per Month: \$660

EXCLUSIVE VIRTUAL WEIGHT LOSS PROGRAM

(MIN 5 / MAX 16 PARTICIPANTS)

- 1- one hour meeting per Week for 16 Weeks
- \$50 Per Person
- Includes E-Workbook & Weekly E-Toolkits

VIRTUAL HEALTH & WELLNESS LUNCH AND LEARN

- 30 minute program plus Q & A
- Topics: Starting a Fitness Routine, Basics of Nutrition, Stress Management, Heart Health, Back Safety, Introduction to Habit Change
- \$60 no limit of participation / Fee discount if scheduling multiple sessions

PARTICIPANTS PROVIDE OWN LUNCH

ON-SITE SERVICES

ON-SITE GROUP EXERCISE (INCLUDING WATER AEROBICS)

- 1/Week per Month: \$200
- 2/Week per Month: \$384
- 3/Week per Month: \$540

ON-SITE SMALL GROUP PERSONAL TRAINING

(MAX 5 PARTICIPANTS PER TRAINER)

- 1/Week per Month: \$280
- 2/Week per Month: \$520
- 3/Week per Month: \$720

ON-SITE WEIGHT LOSS PROGRAM (MIN 5 / MAX 16 PARTICIPANTS)

1- one hour meeting per Week for 16 Weeks

\$65 Per Person

Includes Print Workbook & Weekly Toolkits

ON-SITE HEALTH & WELLNESS LUNCH AND LEARN

(MIN 5 PARTICIPANTS)

- 30 minute program plus Q & A
- Topics: Starting a Fitness Routine, Basics of Nutrition, Stress Management, Heart Health, Back Safety, Introduction to Habit Change
- \$15 Per Person / Fee discount if scheduling multiple sessions

INCLUDES LUNCH FOR PARTICIPANTS

TEAM BUILDING & RETREATS

VIRTUAL 1/2 DAY TEAM BUILDING UP TO 4 HOURS - \$200/NON-PARTNER-\$350

- Icebreaker activity
- Yoga and meditation mini workshop
- Virtual gameshow
- Virtual happy hour

ON-SITE 1/2 DAY TEAM BUILDING UP TO 4 HOURS - \$500/NON-PARTNER-\$750

- Icebreaker activity
- Yoga and meditation mini workshop
- Variety of team building activities

OFF-SITE 1/2 DAY TEAM BUILDING UP TO 4 HOURS - \$500/NON-PARTNER-\$750

- Icebreaker activity
- Yoga and meditation mini workshop
- Variety of team building activities:
- Englewood YMCA Alpine tour and indoor climbing Wall
- YMCA Camp Estero: 4.5 acre nature retreat with kayaking, yoga & Meditation center, nature trail

FULL DAY RETREAT AT YMCA CAMP ESTERO

UP TO 6 HOURS - \$750/NON-PARTNER-\$1,000

*MAX 24 PARTICIPANTS - EACH ADDITIONAL PARTICIPANT \$\$\$

ADDITIONAL SERVICES

CPR CERTIFICATION
(MINIMUM 4 PARTICIPANTS)

- American Safety & Health Institute (ASHI) Basic Life support cpr & First Aid
- Two Year certification
- CPR only - \$50 per person
- CPR PLUS first aid - \$65 per person

YMCA OF THE USA LIFEGUARD CERTIFICATION COURSE
(MINIMUM 4 PARTICIPANTS)

- Nationally recognized certifications including lifeguard, cpr, first aid & oxygen administration
- \$200 per person

PROFESSIONAL MANAGEMENT SERVICES

- Fitness, aquatic and community centers
- Fees based on services and scope of work

VENICE FAMILY YMCA

701 Center Road, Venice FL 34285
941 492 9622

Paul Raker, Executive Director
PRaker@YMCASWFL.org

ENGLEWOOD FAMILY YMCA

701 Medical Blvd, Englewood FL 34223
941 475 1234

Liz Nason, Executive Director
LNason@YMCASWFL.org

FRANZ ROSS YMCA

19333 Quesada Ave, Port Charlotte FL 33948
941 629 9622

Kristen Szych, Executive Director
KSzych@YMCASWFL.org

PUNTA GORDA YMCA

2905 Tamiami Trail, Punta Gorda FL 33950
941 505 0999

Allison Buzick, Executive Director
ABuzick@YMCASWFL.org

FORT MYERS YMCA

1360 Royal Palm Square Blvd, Fort Myers FL 33919
239 275 9622

Joey Belanger, Executive Director
JoeyB@YMCASWFL.org

**BONITA SPRINGS YMCA/
CAMP ESTERO**

27200 Kent Road, Bonita Springs FL 34135
239 221 7560

Angel Cerritos, Executive Director
ACerritos@YMCASWFL.org

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