



# Empire Life Health and Wellness Studio

YMCA of Kingston - Wright Crescent Branch

Last Updated: August 29, 2018

Next Update: December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open to Members 5:30am-7:20am	Open to Members 5:30am-7:20am	Open to Members 5:30am-7:20am	Open to Members 5:30am-7:20am	Open to Members 5:30am-7:20am	Open to Members 5:30am-7:20am	Open to Members & Family Workout 7:30am-8:15pm
Total Life Care  TLC Program 7:30am-3:00pm	Total Life Care  TLC Program 7:30am-3:00pm	Total Life Care  TLC Program 7:30am-3:00pm	Total Life Care  TLC Program 7:30am-3:00pm	Total Life Care  TLC Program 7:30am-3:00pm	Total Life Care  TLC Program 7:30am-3:00pm	
TLC II 3:00pm-5:45pm	Open to Members 3:00pm-4:00pm	TLC II 3:00pm-5:45pm	Open to Members 3:00pm-4:00pm	TLC II 3:00pm-5:45pm	Open to Members & Family Workout 3:00pm-8:15pm	Family Workout is available to ALL members 10 years and older with adult supervision (18+).
	Registered Programming 4:00pm-7:30pm		Registered Programming 4:00pm-7:15pm		Registered Programming 5:45pm-7:30pm	
Registered Programming 5:45pm-7:30pm		Registered Programming 5:45pm-7:30pm		Registered Programming 5:45pm-7:30pm	Total Life Care (TLC) is a registered program for those who want a monitored exercise program. Research has shown that being social is just as important as exercising; meet, socialize and exercise. All welcome. Please see Program Staff for specific available times or additional information.	
Open to Members 7:30pm-10:45pm	Open to Members & Family Workout 7:30pm-8:30pm	Open to Members 7:30pm-10:45pm	Open to Members & Family Workout 7:30pm-8:30pm	Open to Members 7:30pm-10:45pm	TLC II is a registered self-managed program that meets during this time. Please see Program Staff for particulars.	
	Open to Members 8:30pm-10:45pm		Open to Members 8:30pm-10:45pm		Reserved for Registered Programming	

## EMPIRE LIFE SCHEDULE DESCRIPTIONS

Program Description	Program Dates/Times
<p style="text-align: center;"><b>Total Life Care Program (TLC)</b></p> <p>This program is a registered program running 6 days a week in a supervised and supportive group environment. A Certified Personal Trainer in Chronic Conditions is available to you for your class duration for advice and support. We welcome all TLC Members and their registered family members to participate 3 days per week, alternating days in a designated time slot that works for your schedule. You will be supported through the development of individualized programs specific to your needs. If you have feel you need the support of a trainer knowlegeable in Cardiac Maintenance, COPD, Chronic Pain, Cancer Care, Diabetes, arthritis or other special conditions, you will benefit from this program. Please see the front desk for details on registration. Subsidized memberships are available.</p>	<p><b>Monday to Saturday</b></p> <p><b>7:30am-3:00pm</b></p>
<p style="text-align: center;"><b>TLC II</b></p> <p>This Program is a self-managed program for those who like to work in a group setting but do not require regular support or guidance by trained staff. There is still the option of a check in with a certified personal trainer for program updates if needed/wanted. Please see Program Staff for more details.</p>	<p><b>Monday, Wednesday and Friday</b></p> <p><b>3:00pm - 5:45pm</b></p>
<p style="text-align: center;"><b>Family Workout</b></p> <p>Family Workout time slots are designed to have families with children 10 years and older to use the equipment in Empire Life Health &amp; Wellness Studio with adult supervision (18 +). It is recommended that children under 13 years of age not lift heavy weights as they are still growing and improper lifting can cause damage or injury. Body weight exercises and cardio machines are recommended. Personal Trainers are also available to prescribe exercises to this age group and all members are entitled to a complimentary personal training session.</p>	<p><b>Tuesday &amp; Thursday 7:30pm-8:30pm</b></p> <p><b>Saturday 3:00pm-8:15pm</b></p> <p><b>Sunday 7:30am-8:15pm</b></p>