



Empire Life Health and Wellness Studio

YMCA of Kingston - Wright Crescent Branch

Last Updated: January 24, 2019

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 Exercise Program (TLC Program) 7:30am-4:30pm	Total Life Care Exercise Program (TLC Program) 7:30am-3:00pm	Total Life Care Exercise Program (TLC Program) 7:30am-4:30pm	Total Life Care Exercise Program (TLC Program) 7:30am-3:00pm	Total Life Care Exercise Program (TLC Program) 7:30am-4:30pm	Total Life Care Exercise Program (TLC Program) 7:30am-3:00pm	
	Open to Members & Family Workout 3:00pm-4:00pm		Open to Members & Family Workout 3:00pm-4:00pm		Open to Members & Family Workout 3:00pm-8:15pm	
TLC II 4:30pm-5:45pm	Registered Programming 4:00pm-7:30pm	TLC II 4:30pm-5:45pm	Registered Programming 4:00pm-7:30pm	TLC II 4:30pm-5:45pm	Family Workout is available to ALL members 10 years and older with adult supervision (16+).	
Registered Programming 5:45pm-7:30pm		Registered Programming 5:45pm-7:30pm		Registered Programming 5:45pm-7:30pm	Reserved for Registered Programming	
Open to Members & Family Workout 7:30pm-10:45pm	Open to Members & Family Workout 7:30pm-10:45pm	Open to Members & Family Workout 7:30pm-10:45pm	Open to Members & Family Workout 7:30pm-10:45pm	Open to Members & Family Workout 7:30pm-10:45pm	Reserved for Registered Programming	
					Reserved for Registered Programming	

EMPIRE LIFE PROGRAM DESCRIPTIONS

Total Life Care Exercise Program (TLC)

This program is a registered program running 6 days a week in a supervised and supportive group environment. A Certified Personal Trainer 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 feel you need the support of a trainer knowledgeable 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.

TLC II

This program is a registered self-monitored program in a supportive group environment. You will be supported through the development of individualized programs specific to your needs with a consultation once a month for program review or just a general "check-in" on your progress. Please see the front desk for details on registration. Subsidized memberships are available.

Family Workout

Family Workout time slots are designed to have families with children 10 years and older to use the equipment in Empire Life Health & Wellness Studio with adult supervision (16 +). 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.