



# StrongWomen™ Program

Together, the National Capital Region YMCA-YWCA and the Shirley E. Greenberg Women's Health Centre deliver the StrongWomen™ Lifestyle Intervention Program—a program designed to prevent disease and improve health outcomes for women.

In a group environment, participants take part in an active strength training component followed by interactive, supportive and motivating group discussion with topics that include healthy living, goal setting, nutrition education, behaviour change strategies and tools.

The program is accessible to women of all ages currently experiencing, or identified as having risk factors for diseases such as:

- arthritis
- cardiovascular disease
- depression
- diabetes
- hypertension
- metabolic and endocrine disorders
- osteoporosis

Pre and post assessments are used to measure changes in participants' fitness levels. In addition to increased strength and muscle mass, weight control and disease management objectively measured, participants have reported improved energy level, self-confidence, mood, sleep habits, stress management, and quality of life.

## StrongWomen – Core Program

### PROGRAM DETAILS

- 2 classes per week (1 and 1.5 hours)
- 3 modules, each 13 weeks

#### Module 1

StrongWomen Stay Young  
- *Emphasis on learning technique*

#### Module 2

StrongWomen Strong Hearts:  
- *Focus on heart health*

#### Module 3

StrongWomen Strong Bones:  
- *Focus on bone health*

### PROGRAM PRICING

#### Core Program only

- \$255 + HST/13 week session

#### Core Program combined with Y Membership Package

- \$985 + HST (includes 3 x 13 week modules and Annual Y Core Membership)

#### Senior (60+) Program combined with Y Core Membership Package

- \$835 + HST (includes 3 x 13 week modules and Annual Y Senior Core Membership)

## StrongWomen – Alumni Program

### PROGRAM DETAILS

- 2 classes per week (1 hour)
- 3 modules, each 13 weeks

#### Module 1

StrongWomen - *Body Bar*

#### Module 2

StrongWomen - *Stability Ball*

#### Module 3

StrongWomen - *Bosu Ball*

### PROGRAM PRICING

#### Alumni Program only

- \$205.00 + HST/13 week session

#### Alumni Program combined with Y Membership Package

- \$835 + HST (includes 3 X 13 week modules and Annual Y Core Membership)

#### Senior (60+) Alumni Program combined with Y Membership Package

- \$710.00 + HST (includes 3 x 13 week modules and Annual Y Senior Core Membership)

## Program Locations

### Nepean YMCA-YWCA

613.727.7070

1642 Merivale Rd, Merivale Mall 2nd Flr

### **NEW!** Ruddy Family YMCA-YWCA

613.830.4199

265 Centrum Blvd (Orleans)



**Space is limited.**  
**For more info contact:**

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