

## **THE YMCA AT EDINBURGH**

### **Exciting new workout program makes national debut right here**

by Christine Knapp

The YMCA in the Edinburgh area of Chesapeake is bringing the heat to local residents. Its newest program offering, REGYMEN, gets the blood pumping and the energy flowing, motivating members to achieve maximum results. An exciting concept, REGYMEN is a high-intensity training workout that utilizes heart rate monitors and a combination of cardio and strength training. The YMCA of South Hampton Roads is the very first YMCA in the United States to offer REGYMEN at its facilities.

REGYMEN workouts are different from typical group fitness classes because they are uniquely tailored to each individual while providing the feel of a group-based class. Workouts include personal heart-rate monitors that digitally display data onto a screen in the gym. An individual's maximum heart rate is set at the beginning of each class and is tied to age and weight. Attendees can watch heart rates fluctuate up and down as they move from zone to zone, modifying the intensity of a workout as they go and maximizing calorie burn.

What sets this program apart is that no two workouts are the same, so unlike other classes where a routine is learned and performed for an extended period of time, every REGYMEN class is different, offering a unique, yet energy-packed experience that burns up to 1,000 calories per workout! These intense workouts also have an afterburn effect: For up to 36 hours after a workout, one may continue to burn calories at up to 15 percent of the workout rate, even when resting.



Back row (from left): Holly Hempton, Jenn Lyashenko, Linda Reiske, Louisa Evans, Leslie Destefano  
Front row (from left): Pam Davis, Christine Mastropasqua, Cassie Weaver

During a REGYMEN class, attendees rotate through three different areas of the room: treadmills, weight room one and weight room two. The constant changing of the zones and the raising and lowering of the heart rate are keys to participants' success. The REGYMEN rooms are fully equipped with state-of-the-art equipment, including ski ergs, towers, kettlebells, Core Max, and slam balls.

Before each class, a coach introduces the new workout of the day, explaining the program to any new attendees. The excitement of new exercises minimizes boredom while interval training helps individuals reach their fitness goals faster.

"REGYMEN-certified coaches do not participate in the workouts, but rather, provide the feedback to help members achieve results," Linda Reiske, Senior Health and Wellness Director of the YMCA of South Hampton Roads, says. "As a coach, we don't take the class, we are just here to help guide our participants during their workouts. We lead each class and offer modifications to exercises, check participants'

form, and push members to reach their potential. Basically, the coaches do everything that a personal trainer would do.

The REGYMEN community is tight-knit. The friendships that participants form in and out of the gym help provide them with motivation and encouragement. The program also has a social media component which allows those participating in the workouts to challenge one another, offer support, and compete for points and bragging rights.

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"I started doing REGYMEN in January," Jenn Lyashenko, a YMCA member, explains. "I lost over 10 pounds and really toned up. I enjoyed the program so much that I became a coach! Because participants end up going to class with the same people quite often, they make some amazing friendships."

For parents attending the Y, childcare facilities at Edinburgh are open six days a week (excluding Sundays). Children six months to seven years old are welcome in the "Stay and Play" area containing an immaculate infant area and separate toddler section, brimming with toys.



LIVESTRONG is the Y's™ fitness program specially designed for those fighting cancer.

"As a Mom, it's easy to find a time to participate in a class because there are so many classes available," Jenn explains. "From 5 a.m. to 7 p.m., we have classes going on, so anyone can find an hour to work out - even busy moms. We also get two hours of free childcare here, and all of the benefits of being a Y member." The level of fitness doesn't even matter because we can adjust the workout to accommodate any need. REGYMEN is for anybody - wherever they are in their fitness journey!"

The YMCA in Edinburgh launched REGYMEN in January of 2019, and it has proven to be so popular that 154 members now participate in the program. Current YMCA members can register online monthly for unlimited REGYMEN workouts. Three free workouts, which include free heart rate monitors, are available to those who are interested in trying REGYMEN workout but are not currently Y members.

Memberships at the YMCA of South Hampton Roads include benefits at 22 locations, including access to all facilities, indoor and outdoor pools, rock walls, splash pads, free childcare, group X classes, saunas, and more! If one joins the Y between September 9 and September 23, joining fees will be waived. Financial assistance is

available for those families looking for discounted rates on membership based on income as well.

According to the District Vice President Jen Silvers, a LIVESTRONG program is also offered to cancer survivors.

"Our LIVESTRONG program is free and available to anyone who has ever been diagnosed with cancer at any time," Jen explains. "The program lasts for 12 weeks and is offered to anyone over the age of 18. A new LIVESTRONG program is starting in the next month, offering everything from yoga to wellness to group support sessions, getting people out of the clinical setting and into the gym around others in a positive environment. This program has truly saved people's lives."



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## **YMCA at Edinburgh**

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