

Next Steps . . .

YMCA's Diabetes Prevention Program

If you are at high risk for developing type 2 diabetes, the YMCA's Diabetes Prevention Program can help you adopt and maintain a healthier lifestyle to reduce your chances of developing the disease.

Over the course of 16 one-hour classroom sessions, a trained lifestyle coach teaches participants how to change their lifestyle through healthy eating, physical activity and other behavior changes. After the initial 16 sessions, participants meet monthly for added support to help them maintain their progress.

Program goals:

- Reduce body weight by 7 percent.
- Participate in 150 minutes of physical activity per week.

The program is based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention which showed that by eating healthier, increasing physical activity and losing a modest amount of weight, a person with prediabetes can prevent or delay the onset of type 2 diabetes by more than half. The YMCA's Diabetes Prevention Program is part of the CDC-led National Diabetes Prevention Program.

There is an extra cost for this program.

For questions contact:
KOSCIUSKO COMMUNITY YMCA
Stacy Thomas,
Director of Healthy Living
574-269-9622 x 216
sthomas@kcyymca.org

Personal Training

YMCA personal training offers a variety of options for getting in shape and feeling healthier. Sessions can take place at either of our YMCA facilities. There is an extra cost for this program. See the Personal Training Brochure for details.

What you can expect:

- *A thorough assessment of your present physical condition.
- *A personal program that might include strength training, lap swimming, sports, walking, biking, running, stepping, jogging, aerobics, treadmill, stretching, or aquatic exercises in shallow or deep water.
- * Your certified personal fitness trainer will guide, educate and motivate you toward reaching your personal goals.

All personal training sessions must be used within six months of registration date, unless cleared by the trainer.

(BIA) Body Composition Test

The BIA Body Composition Test accurately measures an individual's body fat percentage. The YMCA fitness staff will use bioelectrical impedance analysis to determine a person's body composition. A 12 hour food and caffeine fast and no exercise prior to testing is required for accurate results. A computer generated report will be provided.

Member \$10.00
Community Member \$20.00
Customer Loyalty Price (after initial test)
Member \$6.00
Community Member \$12.00



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARTNERS IN GETTING YOU ENGAGED

Engagement Coaching & Wellness Programs



KOSCIUSKO COMMUNITY YMCA

Step 1: Adult Fitness Orientation

To start out, each member has the option to go through an Adult Fitness Orientation with a small group of no more than five people, led by the Wellness Center staff. This 30-45 minute class is held on:

Monday- 12:30 p.m. and 6:30 p.m.

Wednesday- 11:30 a.m.

Thursday- 11:30 a.m. and 5:30 p.m.

In this class you'll receive an overview of how to use the equipment in the Wellness Center.

Step 2: Engagement Coaching

After the Adult Fitness Orientation, members can meet with a coach for free. Coaches will help you develop fitness goals. They are available to try new classes with you or work with you in the Wellness Center for two sessions as a benefit of your membership. The coach is there to help you feel more comfortable engaging with working out at the Y. After the two coaching sessions, members can sign up at the Wellness Desk for the Machines and More class and/or attend the Intro to Group Fitness class with their coach.

Step 3: Classes

Machines and More

Machines and More is a 45 minute circuit style class led by Engagement coaches for members new to exercise and/or new to working out on the Wellness Center floor. The class provides a variety of exercises utilizing the entire fitness center such as seated machines, cables, and free weights aimed at working the entire body.

**Thursdays, 12:30-1:15 p.m. or
Saturdays, 8:00-8:45 a.m.**

See the Wellness Desk to sign up
for a Fitness Orientation today!

Intro to Group Fitness

Intro to Group Fitness is designed for those new to exercise and led by a Group Exercise instructor and an Engagement Coach. Members will learn strength and cardio exercises while getting a total body workout. Proper form for each move will be demonstrated. A great way to build strength, endurance, and balance in a fun and relaxed setting.

**Tuesdays, 10:30-11:15 a.m. in PR 2
or Thursdays, 5:15-6:00 p.m. in PR 1**

For other Beginner Level Exercise classes please refer to our Group Exercise Schedule which is updated every session.

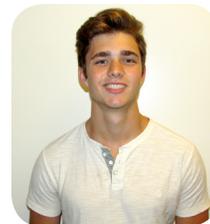
Meet the Coaches



Esther



Dugan



Mark



Angie



Stacy



Susan



Jeff

Why not join now and get started engaging in a healthy lifestyle? It's free to Y Members! If you're already a member and you need help getting re-engaged, see the Wellness Center and ask about getting an Engagement Coach.

Updated August 2018