

HEALTHY LIVING

FALL 1 | SEPTEMBER 6TH - OCTOBER 30TH

YMCA MEMBER EARLY REGISTRATION | AUGUST 22ND

NON-MEMBER REGISTRATION | AUGUST 29TH

FALL 2 | OCTOBER 31ST - DECEMBER 23RD

YMCA MEMBER EARLY REGISTRATION | OCTOBER 17TH

NON-MEMBER REGISTRATION | OCTOBER 24TH

COMMUNITY EVENTS

CLASSES	AGES	PRICE	DATE	TIME	EVENT DESCRIPTION
COMMUNITY HEALTH SCREENING	18+	FREE AND OPEN TO THE COMMUNITY	8.13	8:30 AM-1:30 PM	<p>At this free community event, sponsored by the K21 Health Foundation, you can receive a free A1C screening to test for prediabetes (no fasting required), sleep apnea assessment from Goshen Home Medical, and Blood Pressure Check from our certified Heart-Healthy Ambassadors. After each individual is tested YMCA staff will go over the results with individuals to help determine their best next steps.</p> <p>YMCA staff will go over the results with individuals to help determine their best next steps. Those next steps include programs like the Diabetes Prevention Program, free Nutrition Seminars, Blood Pressure Self Monitoring Programs, and tips on how to properly take your blood pressure at home.</p>
MOVE IT MONDAY	16+	FREE AND OPEN TO THE COMMUNITY	8.29.22, 11.21.22, & 1.2.23	8:30 AM-11:30 AM & 4:30 PM-7:30 PM	<p>Get your Group Ex. fix during our breaks with our special programming! Enjoy a sampling of our best Group Ex. classes in a 30-45 minute format. Everyone walks away with a bottle of water, protein bar, and a good workout. (To view the schedule of classes please download the Apple or Android Kosciusko Community YMCA App</p>
WORKOUT WEDNESDAY	16+	FREE AND OPEN TO THE COMMUNITY	8.31.22, 12.28.22, & 1.4.23	8:30 AM-11:30 AM & 4:30 PM-7:30 PM	
FITNESS FRIDAY	16+	FREE AND OPEN TO THE COMMUNITY	12.30.22 & 1.6.23	8:30 AM-11:30 AM	
FALL PREVIEW OF CLASSES	16+	FREE AND OPEN TO THE COMMUNITY	11.19.22	8:30 AM-11:30 AM	
9.11 MEMORIAL STAIR CLIMB	18+	FREE AND OPEN TO THE COMMUNITY	9.11.22	12:00 PM-4:00 PM	<p>The twin towers consisted of 110 floors or 2071 steps. In memory of the heroic efforts of those on 9/11, we will have our stair climb challenge in the front lobby of our YMCA. Anyone in the community is welcome to register for the event through our Calendly site. There will be buckets to collect donations for the Hoosier Burn Camp.</p>
HONORING HEROES WEEK	ALL	FREE AND OPEN TO THE COMMUNITY	9.5.22 - 9.11.22	ALL DAY	<p>As a thank you to all our past and present first responders and active and retired military, you and your families may use our YMCA for free the entire week leading up to 9/11. It is our way to honor those who paid the ultimate sacrifice that day 21 years ago.</p>
WELLNESS SATURDAY	ALL	FREE AND OPEN TO THE COMMUNITY	1.7.23	8:30 AM-12:30 AM	<p>Come see what our Healthy Living department has to offer, sample a mix of our Group Exercise classes from 8:30-11:00, register for tours of our Wellness Center, have your children take classes with our Youth Wellness and Sports Performance coaches. Sign up for free Personal Training demos and register for our January A1C screening to test for prediabetes and have your blood pressure taken by our Healthy Heart Ambassadors.</p>

FITNESS CHALLENGES

CHALLENGE	AGES	PRICE	PRICE WITH YMCA MEMBER DISCOUNT	DATE	TIME/LOCATION	REGISTRATION DEADLINE	EVENT DESCRIPTION
COMMIT TO BE FIT	18+	\$60	\$40	9.6 - 10.30	MONDAY 11:00 AM, WEDNESDAY 6:30 PM FRIDAY 7:00 AM HELD IN PROGRAM ROOM 3	9.1	<p>COMMIT TO BE FIT! The Y Fitness Challenge is an 8-week program focused on your best health and best results! During the program you will work directly with a YMCA Certified Personal Trainer in a small group team environment to exercise, complete challenges, eat right and learn how to BECOME YOUR BEST SELF! Teams will have no more than 8 total participants. Results will vary for every individual but may include: weight loss, increased strength and cardiovascular health, added support and motivation, increased energy and stamina, stress relief, community building.</p> <p>Program participants will meet with their dedicated Trainer once a week for 8 weeks, completing a team workout specifically designed to meet your goals. In addition to the trainer led workout, each participant will receive a weekly trainer designed workout, meant to be completed together as a group.</p> <p>Throughout the 8 weeks your Trainer will provide guidance on many topics such as strength training, cardiovascular exercise, goal setting and motivation, sleep, and more! This is not just a weekly group workout, it's a lifestyle change!</p> <p>New to this challenge, we are adding a bit of friendly competition among the different classes. The class that loses the most weight will get a post on Facebook and a YMCA Challenge shirt.</p>
FALL BACK INTO FITNESS	18+	FREE	*THIS FITNESS CHALLENGE IS FOR MEMBERS ONLY	9.16 - 10.28	N/A	9.16	<p>Let's step it up for Fall! For this challenge you need to complete 30 minutes of brisk walking six days a week for six weeks. To help you stay on track you can track your steps and challenge yourself by trying to do more each day! Those that complete the challenge will be able to pick prizes out at our Wellness Desk.</p>
SPRINT 8 CHALLENGE	18+	\$15	*THIS FITNESS CHALLENGE IS FOR MEMBERS ONLY	11.1 - 12.13	WELLNESS CENTER	10.26	<p>Sprint 8 is so much more than a basic HIIT workout. When you use the Sprint 8 training program on our Matrix equipment, people of all shapes and sizes can hit the ground running from the start. Preprogrammed for beginner, intermediate, advanced or elite athletes, the short HIIT workout allows you to enter your age, weight and desired level of intensity, and the equipment will automatically change speed and elevation or resistance during the workout as it moves through your sprint and recovery intervals. Connect with our Sprint 8 team to choose your Sprint 8 program and weigh in prior to the start of the challenge and then you may sign up for a final weigh in at the end. Each participant in the challenge needs to complete three Sprint 8 workouts per week for six weeks to earn a Challenge T-Shirt.</p>

MOMS ON THE MOVE

MOMS ON THE MOVE is partnered with Parkview Hospital. Join our certified Oh Baby Fitness instructors and personal trainers for classes within the Parkview Center for Healthy Living. During our six week session, our prenatal and postnatal mothers will also receive nutrition information from registered dietitians through Parkview Hospital in both printed form, through Facebook Live, and in person. A nutritional care package will be distributed at the end of the program to all moms new to the program. The Monday evening class will rotate between cardio, barre, and strength if you register for two classes per session, your second class is 1/2 off. Scholarships are available, contact Tracy Frick at tfrick@kcymca.org for more information.

CHALLENGE	AGES	PRICE	PRICE WITH YMCA MEMBER DISCOUNT	DATE	LOCATION	REGISTRATION DEADLINE	MONDAY	WEDNESDAY	FRIDAY
MOMS ON THE MOVE PM	18+	\$40	\$20	9.19 - 10.28	PARKVIEW CENTER FOR HEALTHY LIVING	9.17	5:30 PM-6:30 PM		
MOMS ON THE MOVE CARDIO/STRENGTH	18+	\$40	\$20	9.19 - 10.28	PARKVIEW CENTER FOR HEALTHY LIVING	9.17	9:30 AM-11:00 AM		
MOMS ON THE MOVE BARRE	18+	\$40	\$20	9.19 - 10.28	PARKVIEW CENTER FOR HEALTHY LIVING	9.17		9:30 AM-11:00 AM	
MOMS ON THE MOVE PM	18+	\$40	\$20	10.31 - 12.16	PARKVIEW CENTER FOR HEALTHY LIVING	10.29	5:30 PM-6:30 PM		
MOMS ON THE MOVE CARDIO	18+	\$40	\$20	10.31 - 12.16	PARKVIEW CENTER FOR HEALTHY LIVING	10.29		9:30 AM-11:00 AM	
MOMS ON THE MOVE BARRE/STRENGTH	18+	\$40	\$20	10.31 - 12.16	PARKVIEW CENTER FOR HEALTHY LIVING	10.29			9:30 AM-11:00 AM

FREE A1C SCREENS

Through a generous grant from the Parkview Foundation, the Y is able to provide free A1C screenings to detect prediabetes. No fasting required. Open to the community, registration reserves you a time and a test. You can register online or at our Welcome Desk.

AM SCREENINGS

- TIME | 11:45 AM-1:00 PM
- DATES | 9.16, 10.14
- LOCATION | PARKVIEW CENTER FOR HEALTHY LIVING

PM SCREENINGS

- TIME | 5:45 PM-7:00 PM
- DATES | 9.13, 10.11
- LOCATION | PARKVIEW CENTER FOR HEALTHY LIVING

DIABETES PREVENTION PROGRAM

To reduce your risk for type 2 diabetes, this program gives you the skills and support needed to make healthy lifestyle changes. Led by a certified Y Lifestyle Coach, this year long program is designed

to help you trade old habits for healthier new ones, increase your physical activity and lose a modest amount of weight. Lose weight, boost your energy, reduce your risk for Type 2 diabetes and improve your health for life! Registration is online and for further questions, please contact Tracy Frick at tfrick@kcymca.org.

AM CLASS

- TIME | MONDAYS FROM 11:45 AM-12:45 PM
- START DATE | 9.26
- REGISTRATION DEADLINE | 9.23
- LOCATION | MULTI-PURPOSE ROOM 1, OR PARKVIEW CENTER FOR HEALTHY LIVING
- PRICE | \$199

PM CLASS

- TIME | WEDNESDAYS FROM 5:30 PM-6:30 PM
- START DATE | 9.28
- REGISTRATION DEADLINE | 9.23
- LOCATION | MULTI-PURPOSE ROOM 1, OR PARKVIEW CENTER FOR HEALTHY LIVING
- PRICE | \$199

BLOOD PRESSURE SELF MONITORING PROGRAM

To combat the growing number of people suffering from high blood pressure the Parkview Warsaw YMCA has created the Blood Pressure Self Monitoring Program. During this 4-month program participants will be partnered with a trained healthy heart ambassador for personal, bi-weekly consultations on taking their own blood pressure and will meet monthly as a group to learn how modifying their nutrition and physical activity can significantly reduce their blood pressure. Each participant will be able to track their progress and celebrate their improvement. To sign up for the Blood Pressure Self Monitoring Program please attend one of our free kick-off events.

ABOUT THE PROGRAM | In this life-changing 4-month program, you will meet with a trained YMCA staff member bi-weekly, receive weekly email or phone call checkups, and meet as a group once a month for Nutrition Seminars. These meetings and seminars will work to assure that you are tracking, logging, and recording your blood pressure correctly and help you to learn how modifying your nutrition and physical activity can significantly reduce your blood pressure.

COST | \$50 for YMCA and Community Members who need a blood pressure monitor. \$35 for YMCA members and Community Members who own a blood pressure monitor already.



BLOOD PRESSURE SELF MONITORING KICK OFF EVENTS

Join us for a free Blood Pressure Self Monitoring Program Kick-Off Event! These free events are centered around buying, preparing, eating heart-healthy foods, and allow individuals to sign up for the YMCA's Blood Pressure Self Monitoring Program. For our evening events light appetizers will be provided and for our lunch events lunch will be offered. Registration is required.

BLOOD PRESSURE SELF MONITORING HEART HEALTHY NUTRITION SEMINARS

Our Heart Healthy Nutrition Seminars are part of our Blood Pressure Self Monitoring and Diabetes Prevention programs. Just like our kick-off event, you will learn about ways to manage your high blood pressure through diet and exercise. Participants must preregister to receive their free heart healthy meal. You may attend one seminar for free before enrolling in our program.

PARKVIEW WARSAW YMCA NUTRITION SEMINARS

- 8.30 | 6:30 PM-8:00 PM
- 9.27 | 6:30 PM-8:00 PM
- 10.25 | 6:30 PM-8:00 PM
- 11.29 | 6:30 PM-8:00 PM

NORTH WEBSTER YMCA NUTRITION SEMINARS

- 8.30 | 4:30 PM-6:00 PM
- 9.27 | 4:30 PM-6:00 PM
- 10.25 | 4:30 PM-6:00 PM
- 11.29 | 4:30 PM-6:00 PM

LIVESTRONG® AT THE YMCA

CANCER IS A LIFE CHANGING DISEASE THAT TAKES A TREMENDOUS PHYSICAL AND EMOTIONAL TOLL ON THOSE AFFECTED that's why the YMCA and The LIVESTRONG® Foundation joined together to create LIVESTRONG® at the YMCA! This free program is designed to help anyone 18 and older who is living with, through, or beyond cancer reclaim their total health.

Participants work with YMCA staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not just the disease, LIVESTRONG® at The YMCA is helping people move beyond cancer in spirit, mind and body.

LIVESTRONG® PROGRAM DETAILS

- Free to anyone in the community who is 18 years or older living with, through or beyond cancer.
- The program comes with a free 12 month membership to the YMCA.
- Participants will attend 2 classes a week for 12 weeks. After that
- Exercises are individualized and focus on cardiovascular conditioning, strength training, balance and flexibility.
- To learn more about LIVESTRONG® at the YMCA, visit our website or contact Susan Potter at spotter@kcymca.org.
- Registration is ongoing.

UPCOMING LIVESTRONG® CLASSES

CLASS #44

- DATES | 8.30 - 11.17
- TIME | TUESDAYS AND THURSDAYS FROM 10:30 AM-12:00 PM
- PRICE | FREE

CLASS #45

- DATES | 9.20 - 12.8
- TIME | TUESDAYS AND THURSDAYS FROM 6:30 PM-8:00 PM
- PRICE | FREE



CELEBRATING SURVIVORSHIP:

To support those in our community going through cancer and their caregivers, the Y is hosting Celebrating Survivorship, a volunteer led cancer support group meeting on the 2nd Monday of each month from 11:30-12:30 PM in the Parkview Center for Healthy Living inside the YMCA. Registration is required for in-person attendance. A free lunch will be provided. For more information contact Susan Potter at spotter@kcymca.org.

UPCOMING MEETINGS

- 9.12 | 11:30 AM-12:30 PM | WHAT'S NEW WITH BREAST CANCER
- 10.10 | 11:30 AM-12:30 PM | LUNG CANCER AND THE RADON CONNECTION
- 11.14 | 11:30 AM-12:30 PM | SELF CARE WITH PARKVIEW