



# SUMMER 1 HEALTHY LIVING

JUNE 7TH - JULY 18TH



**MEMBER SIGN UP: MAY 17TH | COMMUNITY SIGN UP: MAY 24TH**  
**REGISTER ONLINE AT [WWW.KCYMCA.ORG](http://WWW.KCYMCA.ORG) OR IN PERSON AT THE PARKVIEW WARSAW YMCA WELCOME CENTER**

**KOSCIUSKO COMMUNITY YMCA | 1305 MARINERS DR, WARSAW, IN 46582 | 574.269.9622**

## SUMMER 1 HEALTHY LIVING

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(YM) YMCA MEMBER SIGN UP | MAY 17TH

(CM) COMMUNITY MEMBER SIGN UP | MAY 24TH

(LO) LOCATION

## ADULT FITNESS CHALLENGES

CLASSES	AGES	YM	CM	CHALLENGE DATES	REGISTRATION DEADLINE	CHALLENGE DESCRIPTION
SPRINT 8 CHALLENGE	ALL AGES	FREE	N/A	JUNE 29TH - AUGUST 20TH	JUNE 26TH	Have you heard about the Sprint 8 Cardio Challenge that's helping individuals everywhere boost energy, reduce body fat and promote lean muscle? The Sprint 8 Challenge is an eight-week cardio challenge that produces radical results for individuals at any age. Contestants are required to complete three Sprint 8 workouts every week for the entire eight-week period on our Matrix Equipment. Complete the challenge and enter to win a raffle for a 50 dollar Amazon gift card.
FIT FAM CHALLENGE	ALL AGES	FREE	N/A	JULY 12TH - JULY 30TH	JULY 9TH	Spend time with family while becoming healthier by joining our 3 week Family Fitness Challenge. Kids will enroll in our Youth Wellness Coaching program while parents will work with our engagement coaches. There will also be an opportunity to take a water safety class together and participate in three family cardio classes. There will be a physical assessment done at the beginning and end of the challenge. Complete the challenge as a family and receive a free water bottle and will be added to a raffle to win a free 6 month membership.

## SPECIAL EVENTS

CLASSES	AGES	YM	CM	DATE	TIME	EVENT DESCRIPTION
COMMUNITY HEALTH SCREENING	18+	FREE	FREE	AUGUST 7TH	9:30 AM-1:30PM	Register for our event to receive a free A1C screening to test for pre-diabetes (no fasting required) and/or a Blood Pressure Check from our certified Heart Healthy Ambassadors who will also offer tips on how to properly take your blood pressure at home. Registration required, no walk-ins.

## GROUP FITNESS

CLASS	AGES	YM	CM	DATE	TIME	ABOUT
WORKOUT WEDNESDAY	16+	FREE	FREE	JUNE 2ND	9:00 AM-11:00AM & 4:45 PM- 7:30PM	Need your Group Ex fix during our breaks between classes? Join us at the YMCA for a day and evening of Group Exercise and Cycling classes on Workout Wednesday and an amazing morning of group fitness at our Outdoor Summer Preview. Class programming will run like our Preview events. Everyone walks away with a bottle of water, protein bar, and a good workout.
OUTDOOR SUMMER PREVIEW	16+	FREE	FREE	JUNE 5TH	8:00 AM-11:00AM	

## SUMMER PRE-SCHOOL FITNESS CAMP

CAMP	AGES	YM	CM	DATE	TIME	ABOUT
PRE-SCHOOL FITNESS CAMP	3-5 YEARS OLD	\$20	\$40	JUNE 21ST - JUNE 24TH	1:00PM - 1:30PM	Get your child started on the road to a healthy lifestyle. Preschool fitness camp will make exercise fun and exciting. Designed to keep children moving and entertained for thirty minutes of fun activity from playing with parachutes to designing an obstacle course. Summer Pre-School Fitness Camp meets in Gym 1.

## MOMS WELLBEING

CLASS	AGES	DATES	YM	CM	LO	MONDAY	WEDNESDAY	FRIDAY
MOMS ON THE MOVE	18 AND OLDER	APRIL 26TH - JUNE 11TH (OFF WEEK OF MAY 31ST)	FREE	FREE	PARKVIEW CENTER FOR HEALTHY LIVING	9:30 AM-11:00 AM	10:00AM-11:30AM	9:30AM-11:00AM
MOMS ON THE MOVE OUTDOORS	18 AND OLDER	JUNE 16TH - JULY 21ST	FREE	FREE	OUTDOOR TRACK (IN CASE OF INCLEMENT WEATHER THIS CLASS WILL BE HELD IN THE PARKVIEW CENTER FOR HEALTHY LIVING)		10:00 AM-11:30 AM	

### MOMS ON THE MOVE

#### MOMS ON THE MOVE STROLLER

**FITNESS |** Join our certified Oh Baby instructors as they guide you through a total body conditioning workout designed for moms and babies. Each 60 minute workout is comprised of strength training, cardio and core restoration with fun and fellowship added to the mix. In case of inclement weather, the outdoor class will meet in the Parkview Center for Healthy Living and alternate between a MOMS on the Move Cardio or Strength class. A one month free one parent membership is provided with this program. At the first, third, and final week of the session our prenatal and postnatal mothers will receive nutrition information from registered dietitians through Parkview Hospital in both printed form and a discussion panel.

### FREE HEART HEALTHY NUTRITION SEMINARS

Want to learn how to shop, eat and cook heart healthy foods? Each month in the Parkview Center, there will be nutrition seminars with a focus on nutrition and cooking tips to help you eat and prepare heart healthy meals. Every seminar is

centered around eating for your heart. For our Tuesday evening Apps and Information talks, light appetizers will be provided and for our Thursday Lunch and Learns, a light lunch will be offered. Registration is required at either the Welcome Desk or Online. These nutrition seminars are a part of the YMCA's Blood Pressure Self Monitoring Program.



### FREE AFTERNOON HEART HEALTHY LUNCH AND LEARN SEMINARS | 11:45 AM - 1:00 PM | REGISTRATION IS REQUIRED

- MAY 27TH

### FREE EVENING HEART HEALTHY APPS AND INFORMATION SEMINARS | 5:45 PM - 7:00 PM | REGISTRATION IS REQUIRED

- MAY 25TH

### FREE A1C SCREENS

Free A1C screening by the Y to detect prediabetes. No fasting required. Open to the community. Registration reserves you a time frame and a screening. You can register online or at our Welcome desk.

#### AM SCREENING DATES

- JUNE 18TH
- JULY 16TH

#### TIME & LOCATION

11:45-1:00 PM AT THE PARKVIEW CENTER FOR HEALTHY LIVING INSIDE THE PARKVIEW WARSAW YMCA

## PM SCREENING DATES

- JUNE 15TH
- JULY 13TH

## TIME & LOCATION

- 5:45-7:00 PM AT THE PARKVIEW CENTER FOR HEALTHY LIVING INSIDE THE PARKVIEW WARSAW YMCA

## 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 ongoing; form available at the Welcome Center. Financial assistance is available, please contact the YMCA of Greater Fort Wayne for availability at 260-755-4940 or email [HEREFORYOU@FWYMCA.org](mailto:HEREFORYOU@FWYMCA.org). Registration is required.

## SUMMER PROGRAM START DATES

- SEPTEMBER 22ND, AT 11:45 AM AND 5:30 PM

## LIVESTRONG® AND CANCER SUPPORT

**LIVESTRONG® AT THE YMCA** | This small group program was developed and established in partnership with the LIVESTRONG® Foundation and assists those who are living with, through, or beyond cancer by strengthening their spirit, mind and body. Recent research from the Yale Cancer Center and Dana-Farber/Harvard Cancer Institute



confirmed that LIVESTRONG® at the YMCA participants experience improved fitness and quality of life as well as significant decreases in cancer-related fatigue.

## LIVESTRONG® PROGRAM DETAILS

- Free thanks to K21 and the Cancer Care Fund!
- 12-week program with two 75-90-minute sessions per week
- Includes cardiovascular conditioning, strength training, balance, and flexibility exercises
- Evaluation includes fitness and quality of life assessments before and after participation
- Facilitated by YMCA-certified instructors
- Requires referral and medical clearance from a physician
- To learn more about LIVESTRONG® at the YMCA, visit our website or contact Stacy Thomas at [stthomas@kcymca.org](mailto:stthomas@kcymca.org) or 574-269-9622 x216.
- Registration is ongoing.

## 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. Lunch will be provided. Also, this year we will be offering a virtual link (ZOOM) for those that choose not to meet in person. For more information contact Stacy Thomas at [stthomas@kcymca.org](mailto:stthomas@kcymca.org).

- **AUGUST 9TH** | 11:30 AM-12:30 PM