

HEALTHY LIVING

WINTER 1 | 7 WEEKS | JANUARY 6 - FEBRUARY 23
WINTER 1 REGISTRATION DATE | YMCA MEMBERS
DECEMBER 9TH & COMMUNITY MEMBERS DECEMBER
16TH

WINTER 2 | 6 WEEKS | FEBRUARY 24 - APRIL 5
WINTER 2 REGISTRATION DATE | YMCA MEMBERS
FEBRUARY 10TH & COMMUNITY MEMBERS FEBRUARY
17TH

MOVE IT MONDAY AND FITNESS FRIDAY

(16 YEARS AND OLDER) Missing our Group Exercise programming during break? Join us at the YMCA for Movement Monday and Fitness Friday, with a special line-up of Group Exercise classes. You have two days and one evening to sweat with us before the Winter Preview! Everyone walks away with a bottle of water, protein bar, and a good workout.

MOVE IT MONDAY | DECEMBER 30TH | 8:30-11:30
AM AND 4:45-7:30 PM
YMCA MEMBER PRICE | FREE
COMMUNITY MEMBER PRICE | FREE

FITNESS FRIDAY | DECEMBER 27TH | 8:30-11:30
AM
YMCA MEMBER PRICE | FREE
COMMUNITY MEMBER PRICE | FREE

WINTER PREVIEW OF CLASSES

(16 YEARS AND OLDER OR 8 AND UP WITH PARENT) Bring a friend and try out a sampling of our Group Exercise and Cycling classes. Our Winter preview of classes will feature 30 minute classes with plank challenges in between classes and prizes awarded throughout the day. Our Cycle-thon offers three 45 minute cycling classes and prizes with each class. A great way to sample what our Group Exercise programs have to offer. Everyone walks away with a protein bar, a bottle of water, and a great work out.

WINTER PREVIEW OF CLASSES | JANUARY 4TH |
8:30-11:30 AM
YMCA MEMBER PRICE | FREE
COMMUNITY MEMBER PRICE | FREE

POWERED IN 2020

(18 YEARS AND OLDER) The YMCA will be hosting a powerlifting competition for male and female adult weight divisions and teen divisions. There will be three attempts in lifting the most weight in Bench, Deadlift and Squat. Guidelines for executing each lift will go by the USPA rules. The YMCA will provide judges and prizes will be available.

EVENT DATE | JANUARY 18TH 9:00-1:00 PM
YMCA MEMBER PRICE | \$10
COMMUNITY MEMBER PRICE | \$35

MOMS ON THE MOVE

(18 YEARS AND OLDER) Join our certified Oh Baby Fitness instructors® and Personal Trainers for classes within the Parkview Center for Healthy Living. Monday's class will be Pre/Post Natal Cardio, Wednesday's class will focus on Pre/Post Natal Yoga, and Friday's will be a Pre/Post Natal Resistance Training. Babies are welcome (but not required) for the Yoga and Resistance classes, and you can bring your toddler along for our Cardio class.

MOMS ON THE MOVE | MONDAYS, WEDNESDAYS,
FRIDAYS | 9:30-11:00 AM
YMCA MEMBER PRICE | FREE
COMMUNITY MEMBER PRICE | FREE

FREE A1C SCREENS

(18 YEARS AND OLDER) Free A1C screening by the Y to detect pre-diabetes. No fasting required. Walk-ins welcome, but registration is strongly recommended. You can register online or at our Welcome desk.

FREE A1C SCREENS | APRIL 14TH 5:30-7:00 PM |
APRIL 17TH 11:45-1:00 PM
YMCA MEMBER PRICE | \$FREE
COMMUNITY MEMBER PRICE | \$FREE

DIABETES PREVENTION

(18 YEARS AND OLDER) 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. Pre-registration is required.

YEAR LONG DIABETES PREVENTION PROGRAM |
MONDAYS 5:45-6:45 PM STARTING APRIL 20TH |
THURSDAYS 11:00-12:00 PM STARTING APRIL 22ND

YMCA MEMBERS AND COMMUNITY MEMBERS PRICE
| CONTACT TRACY FRICK AT 574.269.9622 OR
TFRICK@KCYMCA.ORG

BLOOD PRESSURE SELF MONITORING PROGRAM AND KICK OFF EVENT

(18 YEARS AND OLDER) February is Heart Health Month! Join us on Thursday, February 27th in the Parkview Center for Healthy Living for a preview of the Blood Pressure Self Monitoring program. Light appetizers will be served, and staff members will present a nutrition topic as well as provide an overview of the program, and answer your questions. This event is free and open to all, but registration is required. To qualify for the 4 month program, participants must be at least 18 years old, be diagnosed with high blood pressure, and not have experienced a recent cardiac event, atrial fibrillation or other arrhythmias. Change your life, and your blood pressure, for the better! The program runs for 4 months but the kick-off event is Thursday, February 27th. Contact Faith Long for more information at flong@kcymca.org.

BLOOD PRESSURE SELF MONITORING KICK OFF EVENT | FEBRUARY 27TH | 5:45-7:00 PM
YMCA MEMBER PRICE | \$FREE
COMMUNITY MEMBER PRICE | \$FREE

BLOOD PRESSURE SELF MONITORING PROGRAM (OWN A BLOOD PRESSURE CUFF)
YMCA MEMBER PRICE | \$40
COMMUNITY MEMBER PRICE | \$40

BLOOD PRESSURE SELF MONITORING PROGRAM (NEEDS A BLOOD PRESSURE CUFF)
YMCA MEMBER PRICE | \$65
COMMUNITY MEMBER PRICE | \$65

HEALTHY HEART NUTRITION SEMINARS

(18 YEARS AND OLDER) 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 or Thursday evening Apps and Information talks, light appetizers will be provided and for our Friday 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.

HEART HEALTHY NUTRITION SEMINARS: LUNCH AND LEARN | 12/20, 1/31, 2/28, 3/27, 4/17, 5/22
FROM 11:45-1:00 PM
YMCA MEMBER PRICE | FREE
COMMUNITY MEMBER PRICE | FREE

HEART HEALTHY NUTRITION SEMINARS: APPS AND INFORMATION | 12/17, 1/28, 2/27, 3/24, 4/16, 5/19
FROM 5:45-7:00 PM
YMCA MEMBER PRICE | FREE
COMMUNITY MEMBER PRICE | FREE

COUCH POTATO

(18 YEARS AND OLDER) Compete in your very own Ironman by completing 2.4 miles of swimming, 112 miles of biking, and 26.2 miles of running. Finishers will receive a Y T-shirt.

COUCH POTATO | JANUARY 7TH - FEBRUARY 23RD
YMCA MEMBER PRICE | \$10

COUCH POTATO KIDS

(8-17 YEARS OLD) Compete in your very own 1/2 Ironman by completing 1.2 miles of swimming, 56 miles of biking, and 13.1 miles of running. Finishers will receive a Y T-shirt.

COUCH POTATO KIDS | JANUARY 7TH - FEBRUARY 23RD
YMCA MEMBER PRICE | \$10

RECLINER RELAY

(18 YEARS AND OLDER) Always wanted to try the Couch Potato Challenge but didn't want to tackle a full Iron Man on your own? Form a Recliner Relay team. Teams of three will each pick a section of the triathlon: swimming, biking, and running and each racer will complete their portion of the race. Great for those new to exercise that want the challenge of completing an Iron-Man but the support of teammates along the way. Teams that complete the challenge will earn a Recliner Relay T-Shirt.

RECLINER RELAY | JANUARY 6TH - FEBRUARY 23RD
YMCA MEMBER PRICE | \$8 PER PERSON

CLIMB TO NEW HEIGHTS

(18 YEARS AND OLDER) Ready to tackle Mount Kilimanjaro? Challenges are handed out each week: they include cardio workouts, Group Exercise classes, and Strength training. Each challenge follows a format designed to successfully scale Mount Kilimanjaro. As you complete the weekly challenges, you will also have to complete the climb challenge, either through tracking flights of stairs(2,578 total flights) or workouts on our Matrix climbmills. Reach new heights with this fitness challenge. Participants who complete the weekly challenges and the climb, will receive a Y T-shirt. Participants who complete the climb, without the challenges, will receive a Y water bottle.

CLIMB NEW HEIGHTS | FEBRUARY 18TH - APRIL 3RD
YMCA MEMBER PRICE | \$10

ONE MILLION STEP CHALLENGE

(18 YEARS AND OLDER) An old favorite returns: Members who complete one million steps in one hundred days will earn a YMCA totebag.

ONE MILLION STEP CHALLENGE | JANUARY 7TH - APRIL 16TH
YMCA MEMBER PRICE | FREE