

HEALTHY LIVING

FALL 1 | SEPTEMBER 7TH - OCTOBER 31ST (8 WEEKS)

*NO CLASSES ON SEPTEMBER 6TH.

(YM) YMCA MEMBER SIGN UP | AUGUST 16TH

(CM) COMMUNITY MEMBER SIGN UP | AUGUST 23RD

FALL 2 | NOVEMBER 1ST - DECEMBER 19TH (7 WEEKS)

*NO CLASSES ON NOVEMBER 24TH - 28TH

(YM) YMCA MEMBER SIGN UP | OCTOBER 18TH

(CM) COMMUNITY MEMBER SIGN UP | OCTOBER 25TH

CLASSES	AGES	YM	CM	CHALLENGE DATES	REGISTRATION DEADLINE	CHALLENGE DESCRIPTION
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ADULT FITNESS CHALLENGES

STRONG 2.0	18+	FREE	FREE	OCTOBER 18TH - NOVEMBER 26TH	OCTOBER 13TH	<p>STRONG IS BACK! Six weeks, 20 minutes a day, five days a week. Throughout the six weeks you will receive three weekly challenge messages: Mondays for motivation, Wednesdays for encouragement, and Fridays for celebration. When you join this challenge you will receive a tracking calendar, a STRONG calendar of events, and access to our virtual group exercise classes taught live by our YMCA instructors or you can attend the classes in person either through your membership or with a free guest pass. During the challenge, each registered participant is allotted one FREE guest pass per week. This guest pass can be used for yourself, if you are not a current Y member, or for a friend, if you are already a member. Take the Challenge, have some fun, and discover what it means to be STRONG!</p> <p>TO REGISTER TEXT "STRONG" TO (855) 839-9966 AND FOLLOW THE INSTRUCTIONS</p>
SPRINT 8 CHALLENGE	ALL AGES	FREE	N/A	OCTOBER 20TH - DECEMBER 8TH	OCTOBER 18TH	<p>The Sprint 8 Cardio Challenge helps individuals 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.</p>
COMMIT TO BE FIT	ALL AGES	\$15	N/A	OCTOBER 20TH - DECEMBER 14TH	OCTOBER 18TH	<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 6 total participants.</p> <p>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, and 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. In addition to getting healthier, 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>

HEALTHY LIVING

CLASSES	AGES	YM	CM	DATE	TIME	EVENT DESCRIPTION
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COMMUNITY EVENTS

REMEMBERING HEROES WEEK	18+	FREE	FREE	SEPTEMBER 7TH - SEPTEMBER 14TH	ALL DAY	In memory of those who paid the ultimate sacrifice 20 years ago, we are offering a week of free use of our facility for all military and emergency personnel in honor of their service and to commemorate the 20th anniversary of 9/11.
9.11 STAIR CLIMB	18+	FREE	FREE	SEPTEMBER 11TH	7:00 AM-3:00 PM	On Saturday, September 11th, for every hour our YMCA is open we will have the surrounding Fire Departments use our climbills to climb 110 flights of stairs, the same number of stairs first responders went up at the World Trade Center. Donations will be collected on this day and the money raised will go to the Indiana Burn Center.



CLASSES	AGES	YM	CM	DATE	TIME	EVENT DESCRIPTION
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SPECIAL EVENTS

MOVE IT MONDAY	16+	FREE	FREE	AUGUST 30TH, DECEMBER 20TH, AND DECEMBER 27TH	8:30 AM-11:30 PM & 4:30 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 for Move It Monday and/or Workout Wednesday over our Fall and Winter program breaks and then our Special Fall Preview event on November 6th. You have two chances to sweat with us! Classes will run like our Preview events. Everyone walks away with a bottle of water, protein bar, and a good workout.
FALL PREVIEW OF CLASSES	16+	FREE	FREE	NOVEMBER 6TH	8:00 AM-11:00 AM	
WORKOUT WEDNESDAY	16+	FREE	FREE	DECEMBER 29TH	8:30 AM-11:30 PM & 4:30 PM-7:30PM	

HEALTHY LIVING

MOMS ON THE MOVE FALL 1

**NO CLASSES ON SEPTEMBER 6TH.*

Monday's class will be Pre/Post Natal Cardio, Wednesday's class is Prenatal/Postnatal Barre and Friday's will be a Pre/Post Natal Resistance Training. Babies are welcome (but not required) for Resistance class, and you can bring your toddler along with your baby for our Cardio class.

DATES	REGISTRATION DEADLINE	YM	CM	LOCATION	MONDAY	WEDNESDAY	FRIDAY
SEPTEMBER 13TH - OCTOBER 29TH	SEPTEMBER 9TH	FREE	FREE	PARKVIEW CENTER FOR HEALTHY LIVING	9:30 AM - 11:00 AM	10:00 AM - 11:30 AM	9:30 AM - 11:00 AM

MOMS ON THE MOVE FALL 2

**NO CLASSES ON NOVEMBER 24TH - 28TH*

Wednesday's class will be Pre/Post Natal Cardio and Friday's class is Prenatal/Postnatal Barre or Resistance Training. Babies are welcome (but not required) for Resistance class, and you can bring your toddler along with your baby for our Cardio class.

DATES	REGISTRATION DEADLINE	YM	CM	LOCATION	MONDAY	WEDNESDAY	FRIDAY
NOVEMBER 3RD - DECEMBER 16TH	NOVEMBER 2ND	FREE	FREE	PARKVIEW CENTER FOR HEALTHY LIVING		10:00 AM - 11:30 AM	10:00 AM - 11:30 AM

MOMS ON THE MOVE FALL 2 PM

**NO CLASSES ON NOVEMBER 24TH - 28TH*

This class will rotate between Cardio and Resistance/Barre classes each week. Babies are welcome (but not required) for Resistance and Barre classes, and you can bring your toddler along with your baby for our Cardio class.

DATES	REGISTRATION DEADLINE	YM	CM	LOCATION	MONDAY	WEDNESDAY	FRIDAY
NOVEMBER 3RD - DECEMBER 16TH	OCTOBER 30TH	FREE	FREE	PARKVIEW CENTER FOR HEALTHY LIVING	5:30 PM - 7:00 PM		

MOMS ON THE MOVE

Our MOMS on the Move is sponsored through a generous grant through the K21 Foundation and we are 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 receive a one month one parent membership to the YMCA, nutrition information catered to moms and babies from registered dietitians through Parkview Hospital in both printed form and through a discussion panel, and a nutritional care package will be distributed at the end of each six-week program.

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 SCREENINGS | 11:45 - 1:00 PM

- SEPTEMBER 17TH
- OCTOBER 15TH
- NOVEMBER 12TH

PM SCREENING DATES | 5:45 - 7:00 PM

- SEPTEMBER 14TH
- OCTOBER 12TH
- NOVEMBER 9TH

LOCATION

- ALL A1C SCREENINGS TAKE PLACE IN 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. Registration is required.

FALL PROGRAM

- SEPTEMBER 22ND, FROM 11:45 AM-12:45 PM
- SEPTEMBER 22ND, FROM 5:30 PM-6:30 PM

SPRING PROGRAM

- APRIL 25TH, FROM 11:45 AM-12:45 PM
- APRIL 25TH, FROM 5:30 PM-6:30 PM

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.

FREE EVENING KICK OFF EVENTS

- FEBRUARY 22ND | LIGHT APPETIZERS WILL BE SERVED | 5:45 - 7:00 PM

FREE AFTERNOON KICK OFF EVENTS

- FEBRUARY 24TH | LIGHT APPETIZERS WILL BE SERVED | 11:45 AM-1:00 PM

FREE EVENING BLOOD PRESSURE SELF MONITORING HEART HEALTHY SEMINARS

- MARCH 29TH | LIGHT APPETIZERS WILL BE SERVED | 5:45 - 7:00 PM
- APRIL 26TH | LIGHT APPETIZERS WILL BE SERVED | 5:45 - 7:00 PM
- MAY 24TH | LIGHT APPETIZERS WILL BE SERVED | 5:45 - 7:00 PM

FREE AFTERNOON BLOOD PRESSURE SELF MONITORING HEART HEALTHY SEMINARS

- MARCH 31ST | LIGHT APPETIZERS WILL BE SERVED | 11:45 AM-1:00 PM
- APRIL 28TH | LIGHT APPETIZERS WILL BE SERVED | 11:45 AM-1:00 PM
- MAY 26TH | LIGHT APPETIZERS WILL BE SERVED | 11:45 AM-1:00 PM