

HEALTHY LIVING

WINTER 1 | JANUARY 10TH - FEBRUARY 20TH

(YM) YMCA MEMBER SIGN UP | DECEMBER 6TH

(CM) COMMUNITY MEMBER SIGN UP | DECEMBER 13TH

WINTER 2 | FEBRUARY 21 - APRIL 3

(YM) YMCA MEMBER SIGN UP | FEBRUARY 7TH

(YM) YMCA MEMBER SIGN UP | FEBRUARY 14TH

ADULT FITNESS CHALLENGES

| CLASSES | AGES | YM | CM | CHALLENGE DATES | REGISTRATION DEADLINE | CHALLENGE DESCRIPTION |
|-----------------------------------|------------------|-----------------|------|---|-----------------------|---|
| COUCH POTATO CHALLENGE | 18+ | \$15 | N/A | 1.17.22 - 2.28.22 | 2.4.22 | 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. |
| RECLINER RELAY CHALLENGE | 18+ | \$12 PER PERSON | N/A | 1.17.22 - 2.17.22 | 1.31.22 | 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 T-Shirt. |
| TATER TOT CHALLENGE (KIDS) | 8 - 17 YEARS OLD | \$10 | N/A | 1.17.22 - 2.28.22 | 2.4.22 | Youth ages 8-17 can compete in their very own 1/2 Ironman by completing 1.2 miles of swimming, 56 miles of biking, and 13.1 miles of running. We are partnering with our Youth Wellness coaches and swim instructors so all kids participating in the program will have guidance in how to complete the challenge, weekly goals will be set for them and they can have one free coaching per week for each week of the challenge. Finishers will receive a Y T-shirt. |
| COMMIT TO BE FIT | 18+ | \$25 | \$40 | 2.8.22 - 4.1.22 TUESDAYS AT 7:30AM AND 12:30PM WEDNESDAYS AT 6:30PM | 2.5.22 | <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. 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 10 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. More accountability + more exercise friends = better results!</p> <p>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> |
| 20/60 CHALLENGE | 16+ | FREE | N/A | 2.28.22 - 4.2.22 | 2.24.22 | Our classic Group Exercise Challenge returns! Attend 20 Group Exercise and or Water Aerobics classes in 60 days for a chance to enter a raffle for one month free membership! |

COMMUNITY EVENTS

| CLASSES | AGES | YM | CM | DATE | TIME | EVENT DESCRIPTION |
|----------------------------------|------|--------------------------------|----|-------------|---------------------------------------|---|
| WINTER WORKOUT WEDNESDAY | 16+ | FREE AND OPEN TO THE COMMUNITY | | JANUARY 8TH | 8:30 AM - 11:30 AM & 4:30 PM - 7:30PM | Get your Group Ex fix during our breaks with Workout Wednesday! 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 |
| WINTER PREVIEW OF CLASSES | 16+ | FREE AND OPEN TO THE COMMUNITY | | JANUARY 5TH | 8:00 AM - 11:00 AM | Our preview is open to the community and is from 8:00 AM - 11:00 AM. Everyone walks away with a bottle of water, protein bar, and a good workout. Win a Prize in our Side Plank Challenge! |

MOMS ON THE MOVE

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.

| CLASS | AGES | DATES | REGISTRATION DEADLINE | YM | CM | LOCATION | MONDAY | WEDNESDAY | FRIDAY |
|----------------------------------|------|--|-----------------------|------|------|------------------------------------|----------------|----------------|----------------|
| MOMS ON THE MOVE CARDIO | 18 + | 2.28.22 - 4.15.21 (NO CLASSES WEEK OF 4/4/22) | 2.25.22 | FREE | FREE | PARKVIEW CENTER FOR HEALTHY LIVING | 9:30AM-11:00AM | | |
| MOMS ON THE MOVE BARRE | 18 + | 2.28.22 - 4.15.21 (NO CLASSES WEEK OF 4/4/22) | 2.25.22 | FREE | FREE | PARKVIEW CENTER FOR HEALTHY LIVING | | 9:30AM-11:00AM | |
| MOMS ON THE MOVE STRENGTH | 18 + | 2.28.22 - 4.15.21 (NO CLASSES WEEK OF 4/4/22) | 2.25.22 | FREE | FREE | PARKVIEW CENTER FOR HEALTHY LIVING | | | 9:30AM-11:00AM |

SPORTS PERFORMANCE

When you work with one of our personal trainers or sports performance coaches, you'll engage in a program tailored to your needs. Our staff will assess your fitness and skills based on your sport and develop a results-driven plan to help you meet your goals. With our trainers on your side, you'll match your motivation and abilities with our knowledge and expertise and see real improvements.

| CLASS | AGES | DATES | REGISTRATION DEADLINE | YM | CM | LOCATION | TIME |
|---------------------------------------|-------|--|-----------------------|-------|-------|--|---|
| ELEMENTARY SOCCER (6 WEEKS) | 11-12 | 3.7.2022 - 4.25.22 (WEEK OF 4/4 OFF) | 3.1.22 | \$100 | \$120 | PROGRAM ROOM 2 (BOYS) GYM 1A (GIRLS) | SATURDAY FROM 1:00 PM - 2:00 PM OR SATURDAY FROM 2:00 PM - 3:00 PM |
| MIDDLE SCHOOL SOCCER (6 WEEKS) | 13-14 | 3.7.2022 - 4.25.22 (WEEK OF 4/4 OFF) | 3.1.22 | \$105 | \$125 | GYM 1A (BOYS) GYM 1B (GIRLS) | SATURDAY FROM 7:00 AM - 8:00 AM |
| HIGH SCHOOL SOCCER (7 WEEKS) | 15-17 | 2.21.2022 - 4.16.22 (WEEK OF 4/4 OFF) | 2.15.22 | \$125 | \$145 | GYM 1B AND PROGRAM ROOM 2 (BOYS AND GIRLS WILL ALTERNATE BETWEEN LOCATIONS) | SATURDAY FROM 7:00 AM - 8:00 AM |
| COLLEGIATE SOCCER (8 WEEKS) | 18+ | 1.31.2022 - 3.28.22 | 1.25.22 | \$180 | \$200 | MONDAYS GYM 1B OR PR 2 WEDNESDAYS PR3 OR GYM 1A (MEN AND WOMEN WILL ALTERNATE BETWEEN LOCATIONS) | MONDAYS FROM 1:00 PM - 2:00 PM OR WEDNESDAYS FROM 6:00 PM - 7:00 PM |

MOMS ON THE MOVE

With Moms On The Move 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

- JANUARY 14TH
- FEBRUARY 11TH
- MARCH 11TH

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

- JANUARY 11TH
- FEBRUARY 8TH
- MARCH 8TH

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.

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. In these sessions, they will learn how to effectively take their own blood pressure. Participants will also meet monthly to learn how modifying their nutrition and physical activity can significantly reduce their blood pressure.

DATES | 2.22.22 - 5.26.22

HAS OWN MONITOR

- MEMBER PRICE | \$35
- NON-MEMBER PRICE | \$35

NEEDS A MONITOR

- MEMBER PRICE | \$50
- NON-MEMBER PRICE | \$50

BLOOD PRESSURE SELF MONITORING PROGRAM WINTER KICK OFF EVENT

Blood Pressure Self Monitoring Kickoff Event. Attend our free Healthy Heart





Nutrition Seminar to learn ways to eat heart healthy and tips on how to monitor your blood pressure effectively. You must register for the event, and each participant will receive a free heart healthy meal

EVENING KICK OFF

- DATE | 2.22.22
- TIME | 5:45 PM - 7:00 PM

MORNING KICK OFF

- DATE | 2.24.22
- TIME | 11:45 AM - 1:00 PM

BLOOD PRESSURE SELF MONITORING HEART HEALTHY 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 register to receive their free heart healthy meal.

EVENING | 5:45 PM - 7:00 PM

- MARCH 29TH
- APRIL 26TH
- MAY 22ND

MORNING | 11:45 AM - 1:00 PM

- MARCH 31ST
- APRIL 28TH
- MAY 26TH

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 sthomas@kcymca.org or 574-269-9622 x216.
- Registration is ongoing.

LIVESTRONG® PROGRAM DATES

- JANUARY 10TH - MARCH 31ST | MONDAY AND WEDNESDAYS FROM 10:30 AM - 12:00 PM
- FEBRUARY 8TH - APRIL 28TH | TUESDAY AND THURSDAY FROM 6:30 PM - 8:00 PM.

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 sthomas@kcymca.org.

- **JANUARY 10TH | NUTRITION FOR THE YEAR | 11:30 AM-12:30 PM**
- **FEBRUARY 14TH | HEART HEALTHY | 11:30 AM-12:30 PM**
- **MARCH 14TH | T.xzB.D. | 11:30 AM-12:30 PM**