



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH, WELL-BEING & FITNESS

HEALTH INNOVATION CLASSES

Winter Session I - Jan. 2 - Feb. 19, 2017
Winter Session II - Feb. 20 - April 2, 2017
Spring Session - April 3 - May 21, 2017

DELAY THE DISEASE BASIC TO INTERMEDIATE LEVEL

A fitness program designed to empower people with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms. Instructor is certified in DTD.
Sponsored in part by Marion Community Foundation

Basic to intermediate class focuses on balance, core, strength, walking and moderate heart rate elevation.

FEES
Member-\$10.00
Program Participant- \$50.00

Monday and Wednesday
9:40-10:40 AM plus
Saturday from 9:00 -
10:00 AM in the small pool

DELAY THE DISEASE ADVANCED TO BOOTCAMP LEVEL

A fitness program designed to empower people with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms. Instructor is certified in DTD.

Advanced to boot camp level focuses on balance, core, strength heart rate elevation and high intensity.

FEES
Member-\$10.00
Program Participant-\$50.00

Tuesday & Thursday
11:30AM -12:15PM plus
Saturday from 9:00 - 10:00
AM in the small pool

THE ARTHRITIS FOUNDATION AQUATIC PROGRAM

This class is held in the Small pool. The purpose of this class is to help relieve stiffness and pain. We also work to improve strength & range of motion, while also building endurance & flexibility.

Sponsored in part by Marion Community Foundation

Monday, Wednesday & Friday
10:00-10:45 AM OR
Tuesday & Thursday
5:45PM-6:30PM

FEES
Member-\$10.00
Program Participant-\$50.00

YMCA's DIABETES PREVENTION PROGRAM

Diabetes is a serious health condition that can lead to heart disease, stroke, kidney failure, high blood pressure, and blindness. If you have been diagnosed with pre-diabetes, or believe you may be at risk for developing the disease, the YMCA's Diabetes Prevention program can help you develop a healthier lifestyle and work with you to reduce the risks this condition can pose to your health. Through the program you will receive support and encouragement from both a trained lifestyle coach and fellow classmates as you develop a plan for improving and maintaining your overall well-being. For more information contact Heather Wright at 740-725-9622 or hwright@marionfamilyymca.org.

SUPERKIDS

For children 9 -14 who are struggling with their weight and wish to form healthier habits.

- Children can start at any time
- Tues. & Thurs. 6:00-7:30 PM
- Tues. - Families/Thurs. Child Only
- 3 Month Program followed by 3 months of follow-up coaching
- Family session includes Nutrition counseling and physical activities

Fee: \$50

Additional children in same family \$35

NUTRITION COUNSELING

Eating healthy can help you feel better, have more energy & improve your well-being. Sorting through all the information & making a change is difficult. Now the Y can help with our DTR, Registered Diet Technician.

Call Heather Wright to set up your initial nutrition assessment. \$30.00 per hour session



LIVESTRONG® AT THE YMCA CANCER WELLNESS & EXERCISE CLASS



LIVESTRONG® at the Y is a **FREE** program tailored to fit the specific needs of adult cancer survivors who would like to improve their quality of life before, during and after treatment. This program that meets for 1 hour twice a week with certified instructors who have undergone specialized training in the elements of cancer, rehabilitative exercise and supportive cancer care.

Program Goals:

- Increase flexibility and endurance
- Enhance functional ability to do everyday tasks
- Improve energy levels, build muscle mass and strength
- Reduce the severity of therapy side effects and prevent unwanted weight changes
- Support group for cancer survivors

Tuesday & Thursday 5:15-6:15PM OR
Friday 8:30-9:30AM
Pre registration is required
Contact Heather Wright for more information
FREE Membership for 12 Weeks