

## HEALTH & WELLNESS

With our commitment to improving health and wellness, we offer all members (new and current) an opportunity to learn proper skills and achieve healthy lifestyle goals - available to you free of charge. Our Wellness Coaches provide members with direction, motivation, and support and will help you identify exercises, equipment, group exercise classes, and personal training options to meet your goals.



### FIT START

Specifically designed for beginner exercisers who are looking for guidance to create lifelong habits. This progressive program involves meeting with a Wellness Coach 2-4 times and covers goal setting, workout design, and tips on nutrition and committing to a new healthy lifestyle. Contact Member Services to set up an appointment.

### FITNESS CENTER ORIENTATIONS

A Wellness Coach will introduce you to our strength and cardio equipment, teaching safe form and proper techniques. This is a one time appointment for up to one hour. Contact Member Services to set up an appointment.

For more information, contact Molly Michalek,  
Healthy Living Program Director, at  
[mmichalek@mfldymca.org](mailto:mmichalek@mfldymca.org)

## REGISTRATION

Registration for the Fall 1 session opens **Monday, August 13**, for Y-Members and city residents; and on **Wednesday, August 15**, to non-member participants.

### FINANCIAL ASSISTANCE

Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. With funds raised through the Annual Campaign, the Y is able to offer financial assistance to all qualified applicants, whether through membership or a program. Stop by Member Services to pick up an application or visit us online [www.mfldymca.org](http://www.mfldymca.org).

### MARSHFIELD CLINIC HEALTH SYSTEM YMCA

410 West McMillan Street  
Marshfield, WI 54449

P: 715.387.4900

F: 715.384.7085

[www.mfldymca.org](http://www.mfldymca.org)

TOGETHER ENRICHING LIVES



Marshfield Clinic'

HEALTH SYSTEM



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FUN FITNESS FRIENDS



### MARSHFIELD CLINIC HEALTH SYSTEM YMCA

Active Older Adults Programs

Fall 1 2018 Session  
September 10-October 28, 2018

# WELLNESS PROGRAMS

## PICKLEBALL

Try this increasingly popular sport that will provide you with a great workout while offering a very social and competitive game. Pickleball is a combination of ping pong, tennis and badminton.

**Tuesday/Thursday** 11:30 am - 1:00 pm  
Orientation for beginners from 11:15-11:30 am

**Location:** YMCA Gymnasium

Y-Member: Free • Participant: \$6.50 per class

## RUSTY HINGES

Rusty Hinges utilizes exercises that can help increase and maintain strength, range of motion, stabilization, and flexibility.

**September 10–October 28 • 10:00 - 10:30 am**

### Days & Locations:

Mondays at Parkview Apartments

Wednesdays at Cedar Rail Apartments

**FREE to the Community**

## SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to

increase muscular strength, range of movement and activities for daily living.

Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

**Monday/Wednesday/Friday** 9:30 - 10:15 am

Y-Member: \$36 • Participant: \$55

## STRONG YOU

A safe and effective class that focuses on strength, balance, and flexibility. The workout includes seated and standing exercises using a variety of hand held equipment. Strong You can help increase muscle strength, bone density, and improve motor skills.

**Monday/Wednesday** 10:00 - 11:00 am

**Location:** Good Shepherd Lutheran Church  
502 W McMillan St, Marshfield

**\$3.25 per class**

First timers are welcome to drop-in and try the class.



**The following classes are offered monthly. An unlimited group exercise pass, flex card, or drop-in pass is required to attend. See the monthly group exercise schedule for more details.**

## 30/30

A low impact workout with options for added intensity for 30 minutes, followed by toning and stretching for 30 minutes.

**Tuesdays/Thursdays** 8:15 - 9:15 am

## CHAIR CHI

Chair Chi is a gentle exercise program adapted from Tai Chi that is done completely while seated in a chair. In Chair Chi, you will learn how to build energy in the body through a variety of exercises and movement, and calm the mind with breath work. This easy to follow class has many benefits including an increase in strength, flexibility, balance and coordination.

**Tuesdays** 9:30 - 10:15 am

## CHAIR YOGA

Enjoy all the benefits of yoga such as mindfulness and flexibility in this gentle style of yoga that is done using a chair and other props. This class does not go down to the mat.

**Thursdays** 9:30 - 10:30 am

## GENTLE YOGA

Learn the basics of yoga in this mat based beginning class. Engage your mind and body as you learn about pranayama (breathing practices), basic yoga postures for strength and balance, and restorative postures for gentle stretching and flexibility.

**Thursdays** 10:45 - 11:45 am

# AQUATIC PROGRAMS

## ARTHRITIS AQUATIC PROGRAM

This therapeutic, non-impact class uses the buoyancy of water to support your body, reducing stress on weight bearing joints while improving flexibility and muscle tone. This class is for those impacted by arthritis, posture and balance issues, orthopedic/neuromuscular conditions or other physical limitations.

**Monday/Wednesday/Friday** 8:30 - 9:15 am

Y-Member: \$44 • Participant: \$66

## SENIOR WATER EXERCISE

This class helps improve flexibility, range of motion, balance, and cardiovascular health without the stress of weight bearing on joints in the shallow water of our small pool. Be ready for a full body workout without the pain of regular day to day activities.

**Monday/Wednesday/Friday** 9:20 - 10:05 am

Y-Member: \$44 • Participant: \$66

**Monday/Wednesday/Friday** 12:00 - 12:45 pm

Y-Member: \$44 • Participant: \$66

**All classes are held in the small pool with temperature set at 89 degrees.**

**For more information, contact Gillian Davis, Aquatic Program Director, at [gdavis@mfldymca.org](mailto:gdavis@mfldymca.org).**

## SENIORS ON THE MOVE

For seniors who enjoy travel, our Seniors on the Move program is for you.

All Seniors on the Move trips are scheduled through the Marshfield Clinic Health System YMCA. Contact Sara Henrichs, Senior Program Director, at 715.387.4900 or visit the Y for more information.

