

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

REGISTRATION

Registration for the Winter 1 session opens **Monday, December 11**, for Y-Members and city residents; and on **Wednesday, December 13**, 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.

MARSHFIELD CLINIC HEALTH SYSTEM YMCA

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Marshfield, WI 54449

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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

Winter 1 Session
January 2 - February 18, 2018

WELLNESS PROGRAMS

RUSTY HINGES

Rusty Hinges utilizes exercises that can help increase and maintain strength, range of motion, stabilization, and flexibility. The majority of this class is done seated using light hand weights, therapy bands, mini balls and gentle stretching.

January 2 - February 18 • 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: \$32 • Participant: \$48

STRONG YOU

It's never too late to feel great! Strong You (formerly Strong Bones) is a safe and effective class for active older adults that focuses on strength, balance, and flexibility. The workout includes seated and standing exercises using a variety of handheld equipment. A trained instructor will offer effective cueing and adaptations to meet all fitness levels. In addition to helping you feel great, Strong You can help increase muscle strength, bone density, and improve motor skills for daily activities. All this and more in a friendly and encouraging environment.

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.

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. See the monthly group exercise schedule for details on this Thursday morning class. An unlimited group exercise pass, flex card or drop-in pass is required to attend.

YOGA/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. See the monthly group exercise schedule for details on this Thursday morning class. An unlimited group exercise pass, flex card or drop-in pass is required to attend.

TAI CHI

Sometimes described as "Meditation in Motion", Tai Chi is a mind-body practice that incorporates slow, fluid movements using deep breathing and concentration. Tai Chi is accessible to everyone, regardless of age or fitness level, and offers a wide range of benefits including balance, coordination, and muscle strength.

Thursday 4:00 - 4:45 pm

Y-Member: \$15 • Participant: \$23

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.

Tuesday 9:30 - 10:15 am

Y-Member: \$15 • Participant: \$23

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

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.

SENIORS ON THE MOVE

For seniors who enjoy travel our Seniors on the Move program is for you. Registration is open for the annual snowshoe

and cross country ski outing, **Head for the Hills**, on February 6-8, 2018 at Timberland Hills and the Blue Hills. Registration due by January 13, 2018.



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 stop at the Y for more information.