



Summer 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2018 PRIME FITNESS SCHEDULE

\$4.00 SENIOR WEDNESDAYS—BRING A FRIEND AND SHARE THE Y

GROUP EX ROOM #1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30-11:15AM	Prime Fitness w/ Terri Miller	Prime Yoga w/ Carol Lomicky	Prime Fitness w/ Jenny Madsen	Prime Yoga w/ Carol Lomicky	Prime Fitness w/ Anne Johnson
2:00-3:00 PM			Mindful Mobility w/ Anne Johnson [Fee Class]		

POOL CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15AM	AquaZumba w/ Kathy Finker	TabAqua w/ Kathy Finker	AquaFit w/ Kathy Finker	TabAqua w/ Kathy Finker	Aqua Surprise w/ Cindy Foote

WELLNESS CENTER

TIME	MONDAY	TUESDAY	WEDNESDAY
9:30-10:00AM	Time with our Wellness Center Staff		

CONTACT INFO:

Hallie Ganz
Fitness Manager
E. hganz@kearneyymca.org

Can't make any of the class times for your schedule? Try Fitness On-Demand! Ask us how!

Kearney Family YMCA - 4500 6th Ave - 308.237.9622 - kearneyymca.org





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KEARNEY FAMILY YMCA

LIVESTRONG® AT THE YMCA

LIVESTRONG® at the YMCA guides cancer survivors in reaching their holistic health goals. This evidence based program offers those living with, through and beyond cancer a safe, empowering environment to participate in activities focused on strengthening the whole person. Participants work with specially trained Y staff to achieve goals such as building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem. In addition to the physical benefits **LIVESTRONG®** at the YMCA also focuses on the emotional well-being of survivors and their families by providing a supportive community where they connect during the program.

Contact: livestrong@kearneyymca.org

DIABETES PREVENTION PROGRAM

Diabetes is a serious healthy condition that can lead to heart disease, stroke, kidney failure, high blood pressure, and blindness. Prediabetes is a potentially reversible condition that often leads to diabetes and 79 million people in the United States are estimated to have it. If you have been diagnosed with prediabetes, 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. Based on effective efforts researched by the National Control and Prevention, the YMCA's Diabetes Prevention Program will help you learn about and adopt the healthy eating and physical activity habits that have been proven to reduce the risk of developing type 2 diabetes. 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.

Contact: kearneydpp@kearneyymca.org

DELAY THE DISEASE

The Delay the Disease is a program designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms. The Parkinson's-specific exercises are designed to retain the mind and body. The exercises have been shown effective, with many participants reporting a regained ability to successfully manage the disease, improve their quality of life and take back control their own body movements.

Contact: bwhite@kearneyymca.org

WEIGHT LOSS PROGRAM

The Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors, and forming sustainable habits. Anyone that is 18 years of age or older is able to take part in this 12 week program. The class only meets once a week for 60 minutes. Participants will have a private weigh-in session with the instructor prior to each class, be introduced to a new topic relevant to weight loss, discuss as a group success/challenges/suggestions around the weekly topic and develop goals for the upcoming week. Topics covered: nutrition, physical activity, stress and sleep, positive psychology, goal setting and sustainability. Because weight loss is unique to each person, this program focuses on helping individuals identify ways to make small modest changes to their behaviors within the context of their own life and support of their weight loss goals.

Contact: tmiller@kearneyymca.org