



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA HEALTHY LIVING CENTER HEALTH & WELLNESS PROGRAMS

SUMMER 2019

Pickleball

Pickleball is a fun game that is played on a badminton court with the net lowered. It's played with paddles & a perforated ball. It's an easy sport for beginners to learn, but can be challenging and fast paced once learned. Play for fun, exercise & friendship!

Monday: 12:00-3:30 pm (1 court)

Tuesday: 12:00-3:30 pm, FREE lessons before & after class! (2 courts)

Friday: 12:00-5:30 pm (2 courts, one court on the 2nd Friday of the month)

**Saturday: 7:00 am-12:30 pm (2 courts)
Subject to change due to rentals.**

Sunday: Courts are available if the space is not rented.

Member: FREE

SilverSneakers®

SilverSneakers® is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. As a SilverSneakers® member, you get a FREE YMCA membership, SilverSneakers® classes and much more! Check with your insurance provider to see if you qualify.

Renew Active™

Renew Active™ is a fitness program for body and mind that's designed around you and your goals to help you live your best life. As a Renew Active™ member, you get a FREE YMCA membership, access to group-exercise classes and much more! Check with your insurance provider to see if you qualify.

Wellness Orientation

Meet with a wellness coach for 30-60 minutes to learn more about our fitness center, wellness equipment and get advice on how to achieve your goals.

By appointment - sign up at the Welcome Center
FREE for members.



HEALTH & WELLNESS CONTACT:

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Register at the YMCA Healthy Living Center Welcome Center or online: www.metroymca.org