



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)**

**Subject to change due to rentals.**

**Saturday: 7:00 am-12:30 pm (2 courts)**

**Subject to change due to rentals.**

**Sunday: 1:30-3:30 pm**

**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.

### CyberCycle Rock Around the Clock Challenge

Summertime is approaching, so lets get into shape by participating in the CyberCycle Rock Around the Clock Challenge! Rock, Roll, and Ride for 90 minutes or more, this will be a challenge based on the amount of time you put into your rides! The Challenge will begin on Sunday, June 23rd 12:00 am EST and run through Saturday, June 29th at 11:59 pm EST. We will have two divisions: The Solo Rockers for communities with 1 CyberCycle and the Rock Bands for communities with 2 or more CyberCycles. Sunday, June 23-Saturday, June 29  
FREE for members.

### HEALTH & WELLNESS CONTACT:

Lois Turner, Health & Wellness Director  
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Register at the YMCA Healthy Living Center Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)