



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA HEALTHY LIVING CENTER HEALTH & WELLNESS PROGRAMS

SPRING 2020

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.

Get Started

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.

Senior Fitness Testing (60+)

Nationally recognized Senior Fitness Testing. Compares our Active Older Adults to others their age. Helps recognize deficits in balance, strength and flexibility. Members can better design their personal fitness plan.

By appointment - sign up at the Welcome Center
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