



## **WEIGHT LOSS PROGRAM**

### **Tools for healthy living**

January 4 - March 22, 2023

#### **Support for healthy behaviors and weight loss**

Are you ready to take the first step toward a healthier lifestyle? We want to take this journey with you, and we are dedicated to supporting you with your health and wellness goals.

The Y Weight Loss Program is designed to help you become more aware of your existing health behaviors and equip you with the skills and knowledge to develop your own plans to realign those behaviors so that you can achieve your weight loss and healthy living goals. With the support of the group, you can expect weekly discussions, idea sharing, and the opportunity to apply what you learn in daily life.

The YMCA Weight Loss Program supports and assists participants in ways that help make small, modest improvements in healthy behaviors. We do this by providing information and encouragement and creating an environment where participants can discover their own paths to positive change.

- 12-week program
- Curriculum is credible, evidence-based information
- Build confidence and competence to achieve goals
- Class meets for one hour once a week on the same day and time
- Trained instructors/facilitators
- Weekly weigh-in and food logging
- Open to any adult 18 years and older who feel they have weight to lose

Wednesdays 5:30 - 6:30pm

Members - \$59.00 Non-Members - \$99.00

Sign up on line at [www.marionymca.org](http://www.marionymca.org) or stop by the Y today!



## **NOVEMBER DANCE PARTY AT THE MARION FAMILY YMCA**

**WHEN: THURSDAY, NOVEMBER 17 AT THE YMCA**

## WHERE: NORTH GYM

### **Y not drum with Autumn 5:00 - 5:30pm**

Fun, fast-paced cardio drumming exercise to get your heart rate up and burn calories. Routines are choreographed to upbeat music but always includes accommodations for all fitness levels. This is a whole-body workout where no prior drumming experience is required. Her class is M/W 5:00 - 5:45pm



### **Drum Fitness with Jenn 5:40 - 6:10pm**

Get a full body workout and release stress in this cardio drumming class that is choreographed and set to music. This class combines drumsticks and an exercise ball to create a fun and upbeat workout that is appropriate for beginners, intermediate, and advanced fitness enthusiasts. Her class is M/W 6:00 - 6:45pm

### **Grooves with Vickie 6:20 - 6:50pm**

Get your heart pumping in this full out dance class. Latin hip hop and pop music inspire you to shake it and burn calories. Her class is Tues/Thurs. 6:00 - 6:45pm

### **Turn up Dance with Courtney 7:00 - 7:30pm**

Turn Up Dance Fitness is not just a dance fitness class – it's a fun and emerging twist to your fitness routine. There are modifications for every move so come Turn Up Dance with Courtney. Her class is Tues/Thurs. 7:00 - 7:45pm

Members are **FREE** and guests must donate a new pair of gloves, mittens or hat. If you don't bring a donation, you must pay a \$10.00 guest fee. (If you have never been to our Y, you will have to fill out a guest participant form and sign a waiver before attending a class. ) No reservations required. Fun for all fitness levels and these classes are family friendly so children 7 years old and up can attend as long as a parent stays in the class also.

## YOUTH BASKETBALL LEAGUE

League runs December 10 - January 21

Registration Deadline: November 28

[Click here to download the registration form](#)

For more information, go to

<https://www.marionymca.org/2022/09/early-bird-youth-basketball-sign-ups/> or stop by the Y.



## MARION MENTORS

Marion Mentors is looking for adult volunteers to mentor the youth in Marion County!! The process to become a mentor is as simple as filling out a short application at the following site <https://marionmentors.org> or reaching out to the Director of Mentoring, Diversity, and Inclusion, Haley Wilkes, at [hwilkes@marionfamilyymca.org](mailto:hwilkes@marionfamilyymca.org).

Why should you become a mentor?

For the 2021-2022 school year...

- 90% of the youth in Marion Mentors grew in 1 Social Emotional Learning capacity
- 70% of the youth in Marion Mentors grew in 2 capacities
- 50% of the youth in Marion Mentors grew in 3 capacities

We are making a difference and you can too!

## **SCHEDULES**

Gym Schedule

8 Lane pool November 1 – December 31

Small Pool Schedule Oct 8 - Dec 3

November FREE Group Exercise Classes

## **HOLIDAY HOURS**

Thanksgiving - CLOSED

Christmas Eve - CLOSE AT 1:00 PM

Christmas Day - CLOSED

New Year's Eve - CLOSE AT 4:00 PM

New Year's Day - CLOSED

Marion Family YMCA | WOPAT YMCA CENTER, 645 Barks Road East, Marion, OH 43302

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