

## New Beginnings

January is a time to renew our commitment to a healthy lifestyle. At the Y you can find a variety of activities and programs just right for you. Whether you are a long-time member, a new member or a guest, we welcome you to our Y family.

### Group Fitness Classes

The Y offers over 85 group exercise classes per week including cardio, strength, PiYo, yoga, SilverSneakers, group cycling, water exercise, SPARK youth fitness, and much more.

### Fitness Center

The fitness center includes cardio, free weight and Nautilus areas and features new state-of-the-art equipment.

### Specialty Classes

We are pleased to offer SilverSneakers, Parkinson Wellness, LIVESTRONG® at the YMCA, and the National Diabetes Prevention Program.

### Personal Fitness Training

Our team of personal trainers is second to none. If you want a boost to help you reach your health and fitness goals, personal fitness training is a great option. We also offer fitness evaluations and body fat analysis.

### Free Orientations

Our free orientations include: Fitness Center; Free Weights; Nautilus; Personal Training; and Youth Fitness Membership.



*Information about the above offerings can be found at Y Member Services, or contact Patti McEnroe for additional details.*

### Indoor Tri Set For March 3



Now is the time to prepare for the 6th Annual YMCA Winter Indoor Triathlon! Swim or walk in the pool for 15 minutes, bike for 20 minutes and walk or run for 20 minutes - anyone can do it! Cost is only \$30 per person and includes a t-shirt and a medal! For more info, grab a brochure/registration form at Y Member Services.

### Are You At Risk?

Over 200,000 North Dakotans have **prediabetes**, a condition of which people have blood sugars higher than normal but not enough to be diabetes. Most people with prediabetes don't know they have it and 15-30% of them *will develop type 2 diabetes within 5 years* if they don't intervene! The Diabetes Prevention Program can help prevent or delay the onset of type 2 diabetes with weight loss, increased physical activity, stress management, and more!



**Next Class Starts: January 15, 6:00 pm**  
Contact Patti McEnroe for details.

### Help for Cancer Survivors

LIVESTRONG at the YMCA is a free physical activity and well-being program for cancer survivors. We focus on improving strength, balance, flexibility, endurance and the overall well-being of our participants. If you or someone you know would like more information, please contact Patti at the Y.

**New Class Starts: January 15**  
**Mondays & Wednesdays, 4:00 - 5:15 pm.**