

News-worthy News

January 2019



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Jackson R. Lehman Family YMCA
5680 YMCA Park Drive west
Ft. Wayne, IN 46835
www.fwymca.org
(260) 755-4949

Many of us like to change things around when a new year starts. From changing the way we eat, to starting an exercise program, or just trying ways to be a better person. There are several ways on becoming a better representation of ourselves. At Jackson Lehman Family YMCA, we are here to help you in doing just that. Here are some Wellness changes that we are making to accommodate members through our Y -ball season.

Additions:

Changing

Tuesday

10:00 -11:00am Bootcamp

Wednesday

12:30-1:00 pm

Beginning cycle

12 :00 -4:45pm T-N-T

Thursday

10:00-11:00 am Bootcamp

4:00-4:45pm Bootcamp

5:00- 5:45pm Flex and
Stretch

6:00-6:45pm Pilates

Saturday

10:00-10:45 T-N-T

Removing

Saturday

10:15-11:15am

Insanity

Monday

5:15-6:15am Bootcamp

5:00-5:45pm Zumba

Tuesday

5:15-6:00am Y Cycle 45

10:15-11:15am Holy Yoga

11:30-12:30 pm RX Fitness

Wednesday

7:15-7:30pm Core15

7:00-8:00pm Zumba

Thursday

10:15-11:15am Yoga

11:30-12:30pm RX Fitness

Friday

5:15-6:15am Bootcamp

6:30-7:30am Synergy 360

&:30-8:30am Zumba

Saturday

7:30-8:30am Zumba

What's Cooking?

Want to learn how to cook? Or learn new ways of cooking? Our cooking classes are the thing for you. We have been lucky enough to have our beautiful teaching kitchen and highly skilled staff to do the job. Every session we offer an array of classes to meet the needs of our members.

For our Winter I session we are offering:

Healthy Cooking Journey-
New Year New You!

and

Souper Salad

For a description or more information you can go online or pick up a flyer .

For a full line of changes you can get a copy at the front desk .

Calendar

- January 1 New Year's Day
- January 4 Parents Night Out
- January 5 Saturday Sampler
- January 7 Winter I Session starts
- ♦ January 8 Quilting Class
- January 12 Swim Meet
- January 21 AOA 1st Luncheon
- January 24 AOA 2nd Luncheon
- January 25 Friday Night Live
- January 26 Y-Ball Pictures
- January 30 Coffee and Canvas

Come join us for our Jackson R. Lehman Family YMCA Saturday Sampler.

Saturday, January 5, 2019

11-11:30am	Pilates
11:30-12pm	Strong by Zumba
12-12:30pm	Pound
12:30-1:00pm	Turbo-Kick
1:00-1:30pm	PiYo

Come sample some of group exercise classes we offer. We will have them in Gym B. For more information get a copy at the front desk.

Little Reminders

- v Be courteous to others when using your cell phones in our building.
- v Please keep a lock on lockers when in use.
- v No overnight locker use.

Lost and Found

- If you lose an item, don't forget to look in our Lost and Found.



In Need of a Prayer

Please visit our prayer board in our pool hallway. If you would like us to pray for you or someone you know, please fill out a card turn it into the front desk. We will post it on our board. We will keep you in our thoughts!



Facility Hours

Mon.-Thurs 5am-10pm

Friday 5am-9pm

Saturday 7am-6pm

Sunday 12pm-6pm

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.