



WELLNESS DEPARTMENT FAQ's



At the YMCA, our Mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

What is the Wellness Center?

The Wellness Center contains exercise equipment such as treadmills, elliptical machines, strength machines and free weights. Be sure to schedule a Wellness Center Orientation to familiarize yourself with the area. Find more information [HERE](#).

What is EGym?

EGym makes smart gym equipment that helps people work out more effectively. Machines adjust automatically to your fitness level, and track your progress to give you personalized workout plans. All members must first be onboarded to EGym platform in order to use the equipment. You can schedule your EGym Orientation at [Jorgensen Family YMCA](#) or [Skyline YMCA](#).

What is the Wellness For Life coaching program?

The Wellness for Life coaching program offers a free seven-week journey with a trained wellness coach to support your healthy living goals. Coaches provide guidance, tools, and resources to help you succeed. For more information click [HERE](#).

I've never taken a Group Exercise class before, where do I start?

Group Exercise is a great way to get started with fitness. Each of our branches offer group exercise classes as part of a membership benefit. Find a schedule [online](#), on our [YMCA App](#), or in the branch (just ask a staff member at the Welcome Desk).

If you're new to group exercise, be sure to wear or bring comfortable athletic wear, bring a water bottle and a lock for the locker room. You may want to arrive early to introduce yourself to the instructor so they can be helpful with what to expect.

Can my children use the Wellness Center?

Our facilities have age-specific guidelines for children using our Wellness Centers to ensure a safe and appropriate experience for all participants. You may refer to the [Youth Fit](#) section of our website for more information on these guidelines. *Please note, guidelines are subject to change.

What is Personal Training?

Participants receive individualized, one-on-one training with a Certified Personal Trainer. We offer a FREE Personal Training Consultation which serves as an introduction to a trainer and an overview of the program. Find more information on registration and pricing [HERE](#).

What is a Wellness Challenge?

A Wellness Challenge is a virtual fitness event run by our Wellness team through the [YMCA App](#). Each challenge has a unique theme and specific goals to complete, with opportunities for prizes and recognition.

What are the following programs?

Diabetes Prevention Program: A year-long, community-based program led by trained Lifestyle Coaches in a relaxed group setting. Over 25 sessions, participants learn healthier eating, physical activity, and coping skills to reduce their risk of type 2 diabetes. Find more information [HERE](#).

LIVESTRONG®: A free 12-week program for adults with cancer, offered before, during, or after treatment. This evidence-based program empowers survivors to focus on their health through strength and conditioning at their local Y, helping them reclaim wellness in spirit, mind, and body. Find more information [HERE](#).

Blood Pressure Self-Monitoring Program: Helps adults manage hypertension over four months with support from a Healthy Heart Ambassador. Participants learn self-monitoring, identify triggers, and receive nutrition education to develop heart-healthy habits. Find more information [HERE](#).

EnhanceFitness®: An evidence-based group exercise program designed for older adults of all fitness levels. It features simple, motivating movements that focus on heart health, strength, balance, and flexibility, helping participants stay active, energized, and independent as they age. Find more information [HERE](#).

If you have further questions, please call or stop into your branch for further assistance.

Caylor-Nickel Foundation Family YMCA | 550 West Dustman Road | Bluffton, IN 46714 | [260.565.9622](tel:260.565.9622)

Central Branch YMCA | 1020 Barr Street | Fort Wayne, IN 46802 | [260.422.6486](tel:260.422.6486)

Jackson R. Lehman Family YMCA | 5680 YMCA Park Drive West | Fort Wayne, IN 46835 | [260.755.4949](tel:260.755.4949)

Jorgensen Family YMCA | 10313 Aboite Center Road | Fort Wayne, IN 46804 | [260.432.8953](tel:260.432.8953)

Parkview Family YMCA | 10001 Dawson's Creek Boulevard | Fort Wayne, IN 46825 | [260.497.9996](tel:260.497.9996)

Renaissance Pointe YMCA | 2323 Bowser Avenue | Fort Wayne, IN 46803 | [260.447.4567](tel:260.447.4567)

Skyline YMCA | 838 South Harrison Street | Fort Wayne, IN 46802 | [260.755.4900](tel:260.755.4900)

Whitley County Family YMCA | 950 East Van Buren Street | Columbia City, IN 46725 | [260-244-9622](tel:260-244-9622)

3Rivers FCU Family YMCA | 7500 SR 930 E | Fort Wayne, IN 46803 | [260-369-1426](tel:260-369-1426)