



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2024 FALL HEALTHY LIVING PROGRAM GUIDE



SWC YMCA HEALTHY LIVING PROGRAM GUIDE

HEALTHY LIVING DIRECTOR

JACOB KLATKIEWICZ

Health & Wellness is a broad term used to help represent the dimensions of wellness - emotional, intellectual, physical, social, environmental, financial and spiritual. Each dimension directly affects the other and each is important to upkeep. Offering a wide variety of opportunities in which participants will develop new skills, gather tools and information to help maintain these dimensions. At the end of the day, all of our programs revolve the core values of caring, honesty, respect and responsibility. Use this guide to find what program best suits YOU!

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Forever Well (55+)

For More Info Contact: Healthy Living Director Jacob Klatkiewicz : Klatkiewicz@swcymca.org

Benefits of Membership!



Save on paid for programs and classes



Free Child Care during your workout



Income-Based membership accommodations



Complimentary guest passes every year!



Nationwide Membership with access to YMCAs across the USA



Free Personal Training Consultations



**Indoor Family Pools
Lap Pool
Dry Sauna**



Youth 13+ can exercise in the Wellness center without a parent after a Free Matrix Orientation (ages 11-12 with parent)



**SilverSneakers and Active Older Adult and more!
FREE**

Exercise programs

Youth programs

After School Fitness

After School Fitness is a 6-week program focused on educating youth on free weight exercise movement patterns, nutrition, and progressive strength programming. Led by coach Jacob Klatkiewicz, participants learn to perform exercise safely, learn workout programs, and prioritize nutrition!
Starts September 9th Monday & Wednesday @4-4:45pm

Homeschool Strength Training

Homeschool Strength Training Program by coach Jacob Klatkiewicz educates homeschooled youth on free weight exercise, nutrition, and strength programming over 6 weeks, teaching safe exercise techniques, workout planning, and nutrition prioritization.

Starts September 25th Wednesday & Fridays 7-7:45am

Fitness Programs

Swole & Flexy Strength Program

The Swole and Flexy Strength program, led by Jacob Klatkiewicz, focuses on strength training progression, mobility, and flexibility. This is a strength program to break plateaus and gain knowledge on strength training.

Starts Oct 21st Monday & Wednesday 4:15-5:15pm

Smart Start Weight Loss Program

Smart Start Weight Loss is a 10-week weight loss program that includes working with a trainer for exercise, stretching and behavior change discussions weekly. This program will include nutrition educational programs, group classes and be apart of a supportive community for an holistic approach to weight loss.

Value of \$600 for \$450

Starts September 19th 4:00pm in Teaching Kitchen Room



4-Week Programs

Pickleball Power Performance

Join a four-week specialized strength program designed to focus on preventive care and improve your strength in pickleball.

Starts Sept 3rd Session 1: Tuesday 8-9am

Starts Sept 5th Session 2: Thursday 1-2pm

Stretch & Balance

Join a four-week stretching and balance program that focuses on developing the ability to balance better in situations and increase functionality by increasing your base assessments in stretching.

Session 1: Sept 25th Wednesday 11-11:45am

Session 2: Sept 27th Friday 11-11:45am



Nutritional Programs

Registered Dietician: Tianna Hamms

Nutrition Services (One-On-One sessions)

1 Session: \$50-members | \$60-non-members

5 Sessions: \$240-members | \$280-non-members

Follow ups: \$25-members | \$45 non-members

Lunch N Learns

Join Registered Dietician, Tianna Hamm, each month for a delicious lunch! Tianna will prepare and serve lunch while talking through how she prepares the meal and the health benefits of the ingredients!

All classes are at 11:15-12:15pm

September 25th : Oven-Roasted Sweet Potatoes with Crispy Chickpeas and Yogurt Sauce

October 30th: Polenta and Meatballs

November 20th: Chipotle Cocoa Three-Bean Chili

December 15th: Rotisserie Chicken Ramen



Mindful Eating

In this hands-on workshop, you will learn how to eat mindfully for better health with specific emphasis on common areas of health concern.

Each class will begin with 20-30 minutes of information, then we will work together to make and enjoy dinner.

All class times are at 5pm-6:30pm

September 19th Blood Sugar Nutrition

October 17th Heart Health Nutrition

November 14th Better Bones Nutrition

December 12th Brain Health Nutrition



Group Exercise

Studio A

Total Body
Low Impact Fitness

9:15-10am Mon-Fri

Kickboxing

6-6:45pm Tue

Butts & Guts

5:30-6:15pm Thurs

Power Yoga

5:15-6am Wed



Silver Sneakers

10:15-11am

Mon-Tue-Wed-Thurs

Chair Flow

11:15-12pm Tues & Thurs

Active Older Adults

8:15-9am Mon-Wed-Fri

Yoga Flow

5:15-6am Fri

9:45-10:30am Sat

Studio B

Cycling

5:15-6am Tue-Thurs

Spinning Strength

9:15-10am Fri & 8:30-9am Sat

Group classes are free to members

HIIT it Hard

9:15-10am Mon-Wed

Functional Fitness

5:15-6am Mon

5:45-6:30pm Wed

8:15-9am Fri

Specialty Classes

TRX

In Studio B ran by Jacob K & Markis L

Monday 5:30-6:15pm

Tuesday & Thursday 9:15-10am

Zumba

In Studio A ran by Tamika Heck

Wednesday 5-6p

Saturday 8:30-9:30a

\$8 ADDITIONAL FEE PER MONTH TO ATTEND SPECIALTY CLASSES



For More Info Contact: Healthy Living Director Jacob Klatkiewicz : Klatkiewicz@swcymca.org

Personal Training

**Schedule a Free Consultation with the
Healthy Living Director**

Personal Training

1 Session: \$55-members | \$70-non-members

5 Sessions: \$230-members | \$300-non-members

10 Sessions: \$400-members | \$550-non-members



Train Your way

This is a of version of online coaching

\$100-members \$130-non-members per Month

In-person Check In: \$50-members \$65-non-members

Forever Well (55+)

Notable Events:

Coffee Club : Every Monday

11:15-12:15pm in the learning kitchen

**Every Second Monday of the month, a
guest speaker will come talk on
common areas in health and wellness.**

**Visit our monthly newsletter for more
information and events.**

