

# COMMUNITY HEALTH

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## ENHANCE® FITNESS

### MODIFIED MOVES, MAXIMUM RESULTS

Enhance®Fitness is an evidence-based group exercise program that helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. - Enhance Fitness focuses on dynamic cardiovascular exercise, strength training, balance and flexibility—everything older adults need to maintain health and function as they age, manage arthritis and reduce the risk of falls.

#### Participants have experienced the following changes:

- More Energy
- Better Balance
- Increases in upper body and lower body strength
- More flexibility and range of motion
- Better Sleep Sense of Independence

#### What participants can expect:

- Classes meet three times per week for 60 minutes each
- Stand, sit or hold onto a chair for support
- Focus on strength, flexibility, movement and balance
- Make friends who support and cheer you on

**Monthly Fees:** \$30 Y Members  
\$50 General Public

**NEW SESSION:** Contact the Welcome Desk at 262.634.1994 or email mwerve@ymcaracine.org

## TRI-FIT SWIM WORKOUT

Stroke Analysis and technique drills, speed, endurance and efficiency. To join this class participants must be able to complete 25 yards and be safe in deep water. The Y's coaching staff will teach the rest. Great for triathlete and fitness swimmers who are looking for a pool challenge in a team environment.

**Days:** Wednesday and Friday

**Times:** 6:00-7:30am

**Location:** Image Management Family YMCA Branch

**Monthly Fees:** \$25 Y Members  
\$40 General Public

Fees are based on class 1 time per week

## TAI CHI

Tai Chi is a centuries-old Chinese martial art that descends from qigong, an ancient Chinese discipline that has its roots in traditional Chinese medicine. Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. This class has physical and mental benefits. If done regularly, it improves muscle tone, flexibility, balance, and coordination. Many older people find that it boosts their energy, stamina, agility, sharpens their reflexes, and gives an overall sense of well-being. Aaron Richie, certified Tai Chi instructor will lead you through an hour long class through an 8-week session. Pre-registration is required!

Minimum enrollment: 6

- Monday 10:30-11:30am (Riverside)
- Wednesday 10:30-11:30am (Mount Pleasant)
- Saturday 9:00-10:00am (Mount Pleasant)

#### Advanced Canes

- Wednesday 11:45-12:45pm
- Saturday 10:00-11:00am

**Location:** Image Management Family YMCA Branch

**Monthly Fees:** \$10 Y Members  
\$20 General Public

Fees are based on class 1 time per week

## SALSA, SABOR Y SALUD

The first national program of its kind designed to encourage healthy lifestyles among Latino families—designed by Latinos for Latinos. Kraft Foods and NLCI launched the program. This eight-session program assists Hispanic/Latino families with children 12 and under to make healthy choices for eating and incorporate activity into their daily lives, getting the whole family involved.

Salsa, Sabor y Salud is based on four inspiring messages:

- Eat from all food groups every day
- Be sensible about portions
- Be physically active every day
- Take small steps for success

**NEW SESSION** starting this Fall!  
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