



KANDIYOHI COUNTY AREA FAMILY YMCA

FALL 2023 ADULT PROGRAMS

For more information on the following programs,
please contact **Missy Fike** at missyf@kandiymca.org or **320-262-8258**.



SOMETHING FOR
EveryBODY



FIND A CLASS FOR YOU



FALL FESTIVAL FAMILY FUN RUN



› SATURDAY OCTOBER 28 | 10:00 A.M.

COST: \$5 FOR YOUTH (17 AND UNDER), \$10 FOR 18+

Join us for this family fun run with the option of either a 5k or a 1 mile run.
Costumes encouraged! (please no scary masks or costumes)



PATRIOT DAY CHALLENGE

September 11 | 5:00 a.m. – 9 p.m.

The 9/11 climb is the equivalent to 110 flights of stairs or approx. 2000 steps.
Those that sign up will go into a drawing for some YMCA swag!

OPTION 1: Climb 11 flights of stairs on the
Stair-Climber (sign-up required; available in
30 minute increments throughout the day)

OPTION 2: Complete
by walking 2.2 miles.

**FIND YOUR
PASSION.
FIND YOUR Y.**

KANDIYOHI COUNTY AREA FAMILY YMCA

1000 Lakeland Dr. SE; PO Box 757, Willmar, MN 56201 www.kandiymca.org P 320-222-9622

WOMEN ON WEIGHTS

SMALL GROUP TRAINING

The women-only 4 week training session that provides a great workout with the support of a small group. Space is limited.

3 TIMES/WEEK
12:15 – 1:00 P.M.

MONDAY

WEDNESDAY

FRIDAY

2 TIMES/WEEK
11:00 A.M. – 12:00 P.M.

MONDAY

FRIDAY

COST

Member: \$125
Non-Member: \$250

SESSIONS

Session 1: Sep. 11 – Oct. 6
Session 2: Oct. 9 – Nov. 3



PERSONAL TRAINING

Personal Trainers work with people of all ages, help you stay on track, keep you motivated and assist you in achieving your desired goals. Our personal trainers are certified by national accredited organizations.

COST

1 Session – \$40
3 Sessions – \$120
6 Sessions – \$228
12 Sessions – \$444
18 Sessions – \$648



SATURDAY, SEPTEMBER 30
9:00 A.M.

COST: Members: \$10 | Non-Members: \$15

The YMCA will host a Pickleball tournament for members and non-members. We have different groups depending on skill level. This will be a fun and exciting new experience for all age groups and pickleball skill levels!

BREAST CANCER AWARENESS CYCLETHON

October 14 | 8:00 – 10:00 a.m.

This event is free, with the opportunity to give a free-will donation, all proceeds going to local breast cancer support. Preregistration required, limited to 15 spots.

Nutrition - Energy - Lifestyle

\$4 off
shake - L2 tea - aloe
Your First Visit

\$2 off
Your Next \$10 Visit

Follow Us!

501 1st St S, Willmar, MN 56201

FOREVERWELL

A HEALTHY AGING PROGRAM FOR PEOPLE AGES 55+

Today's 55+ adults are more health-conscious than ever before. The Y offers opportunities to maintain a healthy lifestyle and healthy relationships. Exercise programs, both in and out of the water, pickleball, speakers, trips, and volunteer opportunities are available. Our goal is to promote well-being while fostering friendship and camaraderie.

Get together with friends and make new ones every Tuesday for coffee and an activity!



COFFEE AND ACTIVITY TIME:

Tuesdays, 10:00 a.m.

Be sure to check the schedule and take advantage of the wellness classes as well. These classes focus on the movement and strength training older adults need to maintain health and function as they age.

Visit kandiymca.org/foreverwell to find upcoming wellness classes.



10 IN 1 CHALLENGE JANUARY-DECEMBER 2023

Attend 10 ForeverWell activities or fitness classes in any one month and win a prize!

*One class per day

Members and non-members can register at the front desk.



NATIONAL ACTIVE AGING WEEK OCTOBER 3-7

Join us all week long for special programming. Stay tuned for more details to come.



WEDNESDAY, SEPTEMBER 13

Limited to 50 people,
sign up at Welcome Desk

COST

Member: \$60 | Non-Member: \$80



YMCA MEMBERSHIP

The YMCA is a not-for-profit community organization. At the Y, we strengthen communities by connecting people to their potential, purpose, and each other. In 10,000 communities across the country, we have the presence and partnerships to not just promise, but to deliver positive change.



YMCA AREAS OF IMPACT

- **YOUTH DEVELOPMENT** Empowering young people to reach their full potential.
- **HEALTHY LIVING** Improving individual and community well-being.
- **SOCIAL RESPONSIBILITY** Giving back and inspiring action in our communities.

Membership is an investment in yourself, your family and your community.

Membership benefits include:

- FREE Child Watch services for children 3 months to 9 years of age with Household Memberships
- FREE land and water based Group Exercise Classes
- FREE Wellness Center Orientation
- FREE Wi-Fi
- Reduced rates and priority registration for most programs and services
- Use of 2 pools – 4 lane lap pool and a family fun pool with water slide and play features
- Use of 2 Wellness Centers with over 90 pieces of newly updated state-of-the-art cardiovascular and strength training equipment
- 2 regulation size Racquetball Courts for Racquetball, Handball, and Wallyball
- Use of Walking/Jogging track with cushioned surface
- Use of 3 Gymnasiums with 8 adjustable baskets for basketball, floor hockey, soccer, pickleball and large group activities
- Kid's Gym with indoor playground
- 3 locker rooms, all with daily use lockers – Male, Female and a Family/Special Needs locker room with 9 private changing rooms
- 3 complimentary guest passes each calendar year for Adult and Household Memberships
- Nationwide Membership: YMCA members have the flexibility to use their YMCA membership at most of the 2,700 participating Y's across the country at no extra charge



MEMBERSHIP CATEGORIES	JOINER FEE	MONTHLY FEE
Multi-Adult Household	\$50	\$75
One-Adult Household	\$50	\$62
Adult (26-64)	\$50	\$55
Senior Adult (65+)	\$50	\$40
Senior-Adult Household (65+)	\$50	\$65
Young Adult (19-25)	\$50	\$33
Youth (0-18)	\$50	\$23

PRICES SUBJECT TO CHANGE

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