



LIVE HEALTHY, BE HEALTHY, COOK HEALTHY

Sponsored by Mercy Weight Loss & Nutrition Center and Iowa Diabetes and Endocrinology Center, these educational classes are free and open to all YMCA members, Mercy employees and general public. For more information, please call 358-9400.

6:30-7:30 p.m., Tuesday, Jan. 4

Menu Planning-“Plan In” 2011!

If you are a YMCA member please join us for Zumba from 5:30-6:30 p.m.

6:30-7:30 p.m., Tuesday, Jan. 11

Gotta Go, Gotta Go! – Keep your active lifestyle-don't let bladder issues stop you!

If you are a YMCA member please join us for Group Cycle from 5:30-6:30 p.m.

6:30-7:30 p.m., Tuesday, Jan. 18

Muffin Mania Makeover—Learn how to update your favorite muffin recipe to a healthier, more nutritious version.

If you are a YMCA member please join us for Water Ex from 5:45-6:30 p.m.

6:30-7:30 p.m., Tuesday, Jan. 25

Back to Weight Loss Basics— A refresher of the basics of nutrition and healthy weight loss.

If you are a YMCA member please join us for Gentle Yoga from 5:30-6:30 p.m.

Join us each week before the 6:30 p.m. educational class for free smoothies provided by Mercy Weight Loss & Nutrition Center dietitians.

