



GEORGIA MOUNTAINS YMCA
J.A. WALTERS FAMILY YMCA
 2455 Howard Road, Gainesville, GA 30501
 770-297-9622
 www.GAMountainsYMCA.org

Healthy Living Programs

For Chronic Disease Prevention & Management

2019 Calendar

	Winter/Spring			Fall/Winter		
Program	Enhance Fitness	Healthy Weight & Your Child	Livestrong at the YMCA	Enhance Fitness	Healthy Weight & Your Child	Livestrong at the YMCA
Primary Focus	Falls Prevention/ Arthritis Management	Child Weight Management	Cancer Survivorship	Falls Prevention/ Arthritis Management	Child Weight Management	Cancer Survivorship
Session Dates	2/11/19 - 6/11/19	3/4/19 - 6/19/19	2/12/19 - 5/9/19	9/16/19 - 1/24/20	8/19/19 - 12/11/19	9/17/19 - 12/12/19
Session Times	11:30 am - 12:30 pm	6 pm - 8 pm	5:30 pm - 7 pm	11:30 am - 12:30 pm	6 pm - 8 pm	5:30 pm - 7 pm
Length of Session	16 weeks	15 weeks	12 weeks	16 weeks	15 weeks	12 weeks
Absences Allowed	8 classes	5 classes	4 classes	8 classes	5 classes	4 classes
Schedule Intake By	2/1/19	3/1/19	2/1/19	8/27/19	8/16/19	8/27/19
Age	55+	7-13	18+	55+	7-13	18+
Cost	Members: \$0 Nonmembers: \$150	\$400 FA available	Members: \$0 Nonmembers: \$0	Members: \$0 Nonmembers: \$150	\$400 FA available	Members: \$0 Nonmembers: \$0

