



Our Location:

YMCA Healthy Living Center
 12493 University Ave.
 Clive, IA 50325



For more information,
 please contact the Y-HLC
 at 226-YMCA or visit
www.healthydm.com

A new approach
 to **healthy
 living**

YMCA HEALTHY LIVING CENTER



YMCA HEALTHY LIVING CENTER





The YMCA Healthy Living Center (Y-HLC) is a unique partnership between Mercy Medical Center – Des Moines and the YMCA of Greater Des Moines – designed to revolutionize health and wellness in our community.

The YMCA Healthy Living Center brings together the experience and expertise of both medical and fitness professionals to more effectively impact a person's health and well-being. This innovative facility is dedicated to prevention, rehabilitation and restoration.

Prevention-focused services include:

- More than 75 group fitness classes each week – FREE with a YMCA Membership
- Free wellness coaching with membership
- Nutrition classes in Demonstration Kitchen
- Three pools, two whirlpools, sauna and steam room
- Gigi's Pilates Studio
- Prenatal land and water classes
- Health screenings and injury prevention

Rehabilitation and restoration-focused services include:

- Aquatic physical therapy
- SwimEx Therapy pool

- Disease-specific and general wellness educational programs
- LIVESTRONG at the YMCA® programming, which includes personalized fitness and ongoing cancer education programming
- Post-rehabilitation and return to work or sports programs

In addition to its medically-integrated services, the Y-HLC offers the other amenities you expect from the YMCA, including ChildWatch, state-of-the-art equipment and personal training.

Although programs are approved by a medical advisory committee comprised of local physicians from a variety of disciplines, **no physician referral is needed to become a member.**

For more information, please call 226-YMCA, visit www.healthym.com or stop by for a free tour.