



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ARMBRUST YMCA HEALTH & WELLNESS

## 2018 WINTER SESSION: January 7 – March 3\*

\*Some programming runs on a different session schedule. See description for more information.

### Personal Training & Small Group Training

Certified Trainers help you reach long and short term goals as well as educate you to become self-sufficient with workouts and goal setting. Our trainers have specialties from kettle bells, women's strength and conditioning to swim - we have a trainer for you!

Available in 30 or 60 minute sessions.

Contact your YMCA for more info.

### Teen & Adult Taekwondo (ages 13 & up)

This is a traditional Taekwondo class that offers students the opportunity to learn a variety of skills while allowing them to tailor their class experience to their level of fitness. Our instructors utilize a number of different tools, including physical skill development and scientific technique dissection to engage students personally to help them develop to their full potential.

Tuesday and/or Thursday: 6:35-7:25 pm

One day/week: Member: \$37/month • Non member: \$64/month

Two day/week: Member: \$50/month • Non member: \$90/month

### HEALTH & WELLNESS CONTACT:

Jacob Martinez, Senior Membership Director  
402-896-4200 • [jmmartinez@metroymca.org](mailto:jmmartinez@metroymca.org)

A LIVESTRONG® at the YMCA session begins at the Armbrust YMCA February 5-April 27, 2018:  
Mon. & Wed.: 11:00 am-12:15 pm

### MEDICALLY BASED WELLNESS PROGRAMS

#### Diabetes Prevention Program:

This year long, classroom-based program is designed to enable adults to make lifestyle changes that will improve their overall health and reduce their risk for developing type 2 diabetes. Participants can qualify via blood values, or a diabetes risk quiz.

**Participating locations:** This program occurs at various YMCA locations across the Omaha metro area and we are also able to hold these sessions at your worksite. Call for more information or visit our website for information & to take the risk assessment.

**Contact:** Lindsey Cork  
[lcork@metroymca.org](mailto:lcork@metroymca.org) • 402-977-4326

**Learn more:** [www.metroymca.org/wellness-programs/diabetes-prevention](http://www.metroymca.org/wellness-programs/diabetes-prevention).

#### Delay the Disease™:

An evidence based fitness program, led by certified Delay the Disease™ instructors, designed to empower individuals with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms.

**Participating locations:** Charles E. Lakin YMCA, Maple Street YMCA, Sarpy YMCA, and Southwest YMCA

**Cost:** This program is open to YMCA members and non members. Delay the Disease is FREE to YMCA members. Non members, please visit a YMCA of Greater Omaha Welcome Center to learn the fees for each session or contact Theresa Lovings.

**Contact:** Theresa Lovings  
[tloving@metroymca.org](mailto:tloving@metroymca.org) • 402-637-3145

**Learn more:** <http://www.metroymca.org/wellness-programs/delay-the-disease/>

#### LIVESTRONG® at the YMCA:

Is a FREE 12-week group training program designed for cancer survivors. The program includes cardiovascular exercise, strength training, flexibility training, and balance. Participants receive one-on-one attention in a group setting, which creates a safe and comfortable workout environment. FREE to members and the general public + FREE household membership while participating in the program!

**Participating locations:** Armbrust YMCA, Council Bluffs YMCA, Maple Street YMCA, Sarpy Community YMCA, Southwest YMCA, and Twin Rivers YMCA

**Contact:** Amy Roux  
[aroux@metroymca.org](mailto:aroux@metroymca.org) • 402-393-3700

**Learn more:** <http://www.metroymca.org/wellness-programs/livestrong-at-the-ymca/>

REGISTRATION OPENS - Members: December 11 • Non members: December 15  
Register at the Armbrust YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)