



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DOWNTOWN YMCA HEALTH & WELLNESS

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

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

## Youth Fitness Training (10–14 years)

Youth will gain the following:

- Strength Equipment Orientation
- Cardio Equipment Orientation
- Fitness Floor Rules & Policies
- Nutritional Education
- YMCA Fitness Floor Etiquette

**Saturday: 9:00 am or by appointment**

**Members: \$55/child, plus \$25 for each additional child**

## Personal Training

One-On-one Personal Training allows for a more personalized program with only you and your coach where you will get the following:

- Individualized workouts
- Scheduled measurements to track progress
- Motivation
- Accountability
- Education & Knowledge
- Goal Setting & Evaluation
- RESULTS
- FUN

**By appointment only.**

**Contact John Whitmyre for more information:**

**[jwhitmyre@metroymca.org](mailto:jwhitmyre@metroymca.org)**

## Small Group Training

Small Group Training is where 3–6 like-minded individuals looking for that true team building component of fitness & the following:

- Scheduled measurements to track progress
- Motivation
- Accountability
- Education & Knowledge
- Goal setting & evaluation
- RESULTS
- FUN

**By appointment only.**

**Contact John Whitmyre for more information:**

**[jwhitmyre@metroymca.org](mailto:jwhitmyre@metroymca.org)**

## Get Started (ages 10 years and up)

As a new member, you receive two complimentary Get Started sessions with a certified Personal Trainer. During your sessions you will do the following:

- Background Questionnaire
- Setting Realistic Goals
- Baseline Measurements
- Fitness Assessment
- Personalized Workout
- Program Recommendation based on your goals

**FREE with a new membership. By appointment only.**

**Contact John Whitmyre for more information:**

**[jwhitmyre@metroymca.org](mailto:jwhitmyre@metroymca.org)**

## Active Older Adults (ages 55 years and up)

Includes SilverSneakers® Classic classes, Quarterly Birthday Bashes (January, April, July, & October), outings, and other special events scheduled throughout the year.

**Classes are Monday, Wednesday, and Friday: 9:00–10:00 am**

### Special Outings:

Hot Shops: March 2018

Lauritzen Gardens: May 2018

River City Star Riverboat Cruise: August 2018

Omaha's Henry Doorly Zoo and Aquarium: September 2018

Ollie the Trolley Holiday Lights Tour: December 2018

**Contact Danielle Abbott for more information:**

**[dabbott@metroymca.org](mailto:dabbott@metroymca.org)**

## Les Mills Launches

Quarterly releases for Bodypump and BodyAttack.

**See the group exercise schedule at [www.metroymca.org](http://www.metroymca.org).**

**Contact Danielle Abbott for more information:**

**[dabbott@metroymca.org](mailto:dabbott@metroymca.org)**

## HEALTH & WELLNESS CONTACT:

**John Whitmyre, Health & Wellness Director  
402-977-4303 • [jwhitmyre@metroymca.org](mailto:jwhitmyre@metroymca.org)**

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

## 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 • 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  
tlovings@metroymca.org • 402-637-3145

**Learn more:** <http://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:** Armburst YMCA, Council Bluffs YMCA, Maple Street YMCA, Sarpy Community YMCA, Southwest YMCA, and Twin Rivers YMCA

**Contact:** Amy Roux  
aroux@metroymca.org • 402-393-3700

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

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