



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MILLS COUNTY 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

We offer a variety of packages available in 30 minute or 60 minute sessions. New trainers and prices available! Please visit the Welcome Center or our website for the current schedule.

By appointment only.

Please call or stop in for pricing.

Get Started

Get Fit Today! One-on-one Personal Training (Group/Family Sessions available), 2 FREE sessions for new or returning members (\$120 value). Continue monitoring your progress through monthly Fit Checks, FREE tshirt & reduced price continued Person Training upon completion of the program.

By appointment only.

Member: FREE

Fit Checks (all ages)

Fit Checks are available FREE to all adult members every month. Fit Checks include: Weight, Body Mass Index, Body Fat Percentage, and Blood Pressure. Contact the Mills County YMCA to schedule your appointment!

FREE for members

HEALTH & WELLNESS CONTACT:

Diana Burchett, Executive Director
712-527-4352 • dburchett@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.

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
tlodings@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: Armbrust 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/>

REGISTRATION OPENS – Members: December 11 • Non members: December 15
Register at the Mills County YMCA Welcome Center or online: www.metroymca.org