



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SARPY YMCA HEALTH & WELLNESS

2018 WINTER SESSION: January 7 – March 3*

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

Get Started

2 FREE One-on-one Personal Training sessions for new or returning members. FREE t-shirt and reduced price continued Personal Training upon completion of the program. A \$120 value!

By appointment only.
FREE with membership.

InBody520 Assessment (ages 13 and up)

The InBody520 assesses your body composition and calorie needs. Your trainer can then help you determine the right plan to reach your goals.

By appointment only.
Assessment & Consultation with a certified Personal Trainer:
Members: \$20 • Non members: \$35

Fit Checks

Fit Checks are available FREE to all adult members every month. Fit Checks include: Weight, Body Mass Index, Body Fat Percentage, and Blood Pressure.

3rd Thursday of each month: 8:00–11:00 am, 4:00–7:00 pm
FREE for members

Personal Training & Tandem Training

Work with a certified personal trainer to meet your health and fitness goals. Train one on one or with a partner. An individual assessment is included with each package.

By appointment only. 30 & 60 minute sessions available.
A variety of packages are available.

Small Group Training

3–6 participants per small group. Work with a certified personal trainer and your friends to achieve your fitness goals together. All fitness levels are welcome. Each group and each workout is tailored to the specific needs of each participant.

Monday & Wednesday: morning & evening sessions.

Tuesday & Thursday: morning & evening sessions.

30 minute sessions: \$56/month

60 minute sessions: \$96/month

HEALTH & WELLNESS CONTACT:

Allyssa Schamp, Health & Wellness Director
402-339-9861 • aschamp@metroymca.org

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

Delay the Disease™ begins at the Sarpy YMCA in Dec. 2017!

A LIVESTRONG® at the YMCA session begins at the Sarpy YMCA February 7, 2018: Wed. & Fri. : 10:30-11:45 am

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: Michelle Williamson
mwilliamson@metroymca.org • 402-339-9861

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 Sarpy YMCA Welcome Center or online: www.metroymca.org