



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TWIN RIVERS 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. Contact the Welcome Center.**  
FREE for members

### Small Group Training

3-6 participants per small group. Work with a certified personal training 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: 9:00-10:00 am or**

**Tuesday & Thursday: 5:00-6:00 pm**

Member: \$65/month • Non member: \$80/month

### Personal Training & Tandem Training

We offer a variety of packages available in 30 or 60 minute sessions. An individual Fitness Assessment is included with each initial session. By appointment only.

For pricing contact Macy DeWispelare:

mdewispelare@metroymca.org

### HEALTH & WELLNESS CONTACT:

**Macy DeWispelare, Executive Director**  
402-359-9622 • mdewispelare@metroymca.org

**A LIVESTRONG® at the YMCA session  
begins at the Twin Rivers YMCA  
February 5, 2018: Tue. & Thu.: 10:30 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](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:** Macy DeWispelare  
mdewispelare@metroymca.org  
402-359-9622

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

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