



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHWEST YMCA HEALTH & WELLNESS

2018 SPRING SESSION: March 4–April 28*

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

Ballroom Dancing

You will learn the basics of Foxtrot, Swing and Waltz. Learn footwork, frame and hold, lead/follow, body movement, count and line of dance. Partners are recommended but not required. Hard-soled shoes required.

Advanced Ballroom: Friday: 6:30 pm

Beginner Latin: Friday: 7:30 pm

Member: \$35/person or \$50/couple

Non member: \$50/person or \$65/couple

Contact Jill Schoenherr:

jschoenherr@metroymca.org for more info.

Ballroom Dance Private Lessons

Are you planning a wedding or event and want to brush up on your dance skills? Our professional instructor can choreograph in all styles of dance from traditional waltz to Latin-inspired steps.

By appointment only.

Contact Jill Schoenherr:

jschoenherr@metroymca.org for more info.

Get Started

Get fit today! One-on-one Personal Training (group or family session are available). Two free session for every new or returning member. Continue monitoring your progress through monthly Fit Checks. FREE t-shirt and reduced price for continued personal training after completion of the program.

By appointment only. Contact the Welcome Center.

FREE for members

Monthly Fit Checks

Join us the first Wednesday of every month from 8:00 am-1:00 pm and 5:00-8:00 pm to see how you are progressing on your fitness journey! Try our Inbody, get your blood pressure taken, and get a chance to talk with our wellness coaches/personal trainers. Also, stop by and talk with a local health/fitness professional about what their business has to offer and how they can help you with your wellness goals (we will be bringing in different businesses every month).

By appointment only.

Member: FREE

Active Older Adult Pickleball

Wednesday: 9:30-11:30 am

Member: FREE

100 Mile Swim Club

Swim 100 miles in a year and earn a prize!

Member: FREE

Club 180 (ages 15 & up)

Club 180 is a way to challenge yourself to stay active in 2018. Every time you check in to the YMCA, your scan counts toward reaching Club 180. Join today and keep your focus this year.

FREE for members

Personal 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.

Available in 30-60 minute sessions. Contact the Welcome Center for more information.

Small Group Training

Certified Trainers help you reach goals with workouts in a small group.

Contact Jill Schoenherr:

jschoenherr@metroymca.org for more info.

Adult JuJitSu (13 years & up)

JuJitSu is a self-defense art that incorporates blocking, striking, kicking, grappling and throwing techniques. Must be 13 years and older.

Thursday: 7:00-9:00 pm

Member: \$44/month • Non member: \$88/month

SilverSneakers® Activities

June 1: Picnic at Lake Wehrspann

June 14: 1:00pm Erin Cosby Fiddlers and Ice Cream Social

HEALTH & WELLNESS CONTACT:

Shelby Bottolfson, Wellness Coordinator
402-334-8487 • sbottolfson@metroymca.org

REGISTRATION OPENS – Members: February 19 • Non members: February 23
Register at the Southwest YMCA Welcome Center or online: www.metroymca.org

MEDICALLY BASED WELLNESS PROGRAMS

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 • 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: February 19 • Non members: February 23
Register at the Southwest YMCA Welcome Center or online: www.metroymca.org