



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ARMBRUST YMCA HEALTH & WELLNESS

## 2018 FIRST SUMMER SESSION: May 6–June 30\*

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

### Personal Training & Small Group 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. Our trainers have specialties from kettle bells, women's strength and conditioning to swim – we have a trainer for you!

Available in 30 or 60 minute sessions.

Contact your YMCA for more info.

### Teen & Adult Taekwondo (ages 13 & up)

This is a traditional Taekwondo class that offers students the opportunity to learn a variety of skills while allowing them to tailor their class experience to their level of fitness. Our instructors utilize a number of different tools, including physical skill development and scientific technique dissection to engage students personally to help them develop to their full potential.

Tuesday and/or Thursday: 6:35–7:25 pm

One day/week: Member: \$37/month • Non member: \$64/month

Two day/week: Member: \$50/month • Non member: \$90/month

### SAQ Camp (ages 10–14)

This program is for any young athlete that wants to get ready for fall sports, or any child that wants to have fun while being active. This 8-week program is led by a Certified Strength Coach, and will focus on speed, agility, and quickness drills to help acquire proper neuromuscular patterns that lead to improved sports performance and a decrease in sports-related injuries.

June 4–August 2: Tuesday & Thursday: 10:30–11:30 am

Member: \$100 • Non member: \$150

### HEALTH & WELLNESS CONTACT:

Jacob Martinez  
Senior Membership Director  
402-896-4200  
jmmartinez@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  
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>

REGISTRATION OPENS – Members: April 16 • Non members: April 20  
Register at the Armburst YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)