



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAPLE STREET YMCA HEALTH & WELLNESS

## 2018 1ST SUMMER SESSION: March 4–April 28\*

\*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!

**By appointment only. 30 & 60 minutes sessions available.**  
Contact Emmy Smith or the Welcome Center for more info.

### Intro to Small Group Training (ages 18 & up – groups of 3–8)

Two 4 week sessions, consisting of 45 minute workouts in TRX, Kettlebell, HIIT, and Strength Training. Participants will increase their physical capabilities each week, while still modifying to their fitness level. Each group will be with a personal trainer who can cater to the specific needs of each individual while still challenging the group.

**First session begins April 17. Second session begins May 15.**

**Tuesday: 12:30 pm, Wednesday: 5:45 am or 6:45 pm, or  
Thursday: 12:30 pm or 4:30 pm**

Monthly: Member: \$65/month • Non member: \$80/month  
Single session: Member: \$15 • Non member: \$20

### Fit Camp (ages 19 & up)

Boot-Camp style class for participants of all abilities.

**Monday, Wednesday, Friday: 5:15–6:15 am**

Member: \$86 • Non member: \$140

### Youth Equipment Training (ages 10–14 years)

Two hour class for Youth interested in learning how to use Cardio and Weight training equipment.

**2nd Saturday of the month: 9:00–11:00 am or**

**4th Wednesday of the month: 5:30–7:30 pm**

\$25/participant

### Fit Checks (all ages)

Monthly checks– Weight, BMI and Body Fat Percentage and Blood Pressure.

**1st Wednesday of each month: 9:00 am–12:00 pm, 5:00–8:00 pm**

FREE for members

### InBody520 Assessment (ages 13 and up)

Accesses body composition and caloric needs. A certified Personal Trainer will help you determine the right plan to reach your goals!

**By appointment only.**

Members: FREE • Non members: \$20

### Get Started (ages 15 and up)

Two free introductory sessions with a certified Personal Trainer when you join.

**By appointment only.**

Members: FREE

### Pickleball (ages 18 & up)

Try this increasingly popular sport that will provide you with a great workout while offering a very social and competitive game. Pickleball is a cross between ping-pong and tennis. The game is easy for beginners to learn. See you on the court!

**Tuesday: 12:00–2:00 pm**

FREE for members

Contact George Tintera at [gtintera@metroymca.org](mailto:gtintera@metroymca.org) to get started.

### SilverSneakers®

SilverSneakers® is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. As a SilverSneakers® member, you get a FREE YMCA membership, SilverSneakers® classes and much more! Check with your insurance provider to see if you qualify.

## HEALTH & WELLNESS CONTACT:

Emmy Smith, Health & Wellness Director  
402-393-3700 • [esmith@metroymca.org](mailto:esmith@metroymca.org)

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