



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SARPY YMCA HEALTH & WELLNESS

## 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

## Summer Transformation Challenge

Small group training 8-WEEK CHALLENGE with a certified personal trainer in a group of a maximum of 6 participants. Groups will meet two times per week with an optional bonus workout with ALL groups on Saturday mornings.

**June 4-July 28: Morning & evening session options available.**

**Member: \$240 • Non member: \$300**

## 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. In addition to group exercise classes we have Silversneakers events such as luau parties, hoedowns and a Walk Across Nebraska competition.

### HEALTH & WELLNESS CONTACT:

Allyssa Schamp, Health & Wellness Director  
402-339-9861 • [aschamp@metroymca.org](mailto:aschamp@metroymca.org)

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

A LIVESTRONG® at the YMCA session begins at the Sarpy YMCA on May 14, 2018: Wed. & Wed : 6:30-7:45 pm

## 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 Michelle Williamson.

**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/>

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