



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ARMBRUST YMCA HEALTH & WELLNESS

## 2018 SECOND SUMMER SESSION: July 1-August 25\*

\*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

### HEALTH & WELLNESS CONTACT:

Jacob Martinez

Senior Wellness Director

402-896-4200

[jmmartinez@metroymca.org](mailto: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  
[tloving@metroymca.org](mailto: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](mailto:aroux@metroymca.org) • 402-393-3700

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

REGISTRATION OPENS - Members: June 18 • Non members: June 22  
Register at the Armbrust YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)