



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTHWEST YMCA HEALTH & WELLNESS

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

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

### 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. Contact Jill Schoenherr: [jschoenherr@metroymca.org](mailto:jschoenherr@metroymca.org) for more info.

**By appointment only.**

### 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! Contact us at [swaquatic@metroymca.org](mailto:swaquatic@metroymca.org) for questions and information.

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 Shelby at [sbottolfsen@metroymca.org](mailto:sbottolfsen@metroymca.org) for more information.

### 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. Contact Amber Winter at [awinter@metroymca.org](mailto:awinter@metroymca.org) for information.

Thursday: 7:00-9:00 pm

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

### HEALTH & WELLNESS CONTACT:

Shelby Bottolfsen, Wellness Coordinator  
402-334-8487 • [sbottolfsen@metroymca.org](mailto:sbottolfsen@metroymca.org)

REGISTRATION OPENS - Members: June 18 • Non members: June 22  
Register at the Southwest 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/>