



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARMBRUST YMCA HEALTH & WELLNESS

FALL 2018

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.

Lift Heavy Things Event (ages 18+)

Looking for a challenge and ready to test your strength? Sign up for our 1000/600 lb Club! Men who complete 1000 lbs will receive a T-shirt and women who complete 600 lbs will receive a tank top. In this event we total up your maxes from squat, bench and deadlift.

Saturday, October 27: event begins at 8:30 am
Sign up online or at the Welcome Center.

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

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: 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>

Register at the Armbrust YMCA Welcome Center or online: www.metroymca.org