



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAPLE STREET YMCA HEALTH & WELLNESS

FALL 2018

Personal Training & Small Group Training (ages 15+)

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.

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

Small Group Training Boot Camp Class (ages 15+)

For any fitness level!

Monday, Wednesday, Friday: 5:30-6:15 am

Discounted August rate: Member: \$50 • Non member: \$65

Regular rate: Member: \$85/month • Non member: \$100/month

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 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

Register at the Maple Street YMCA Welcome Center or online: 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/>