



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTHWEST YMCA HEALTH & WELLNESS

FALL 2018

## 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. Sign up at the Welcome Center.**

**Contact Kiaja Kenard for more information: 402-334-8487 or [kkenard@metroymca.org](mailto:kkenard@metroymca.org)**

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).

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

## 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 Shelby Bottolfsen at 402-334-8487 or [sbottolfsen@metroymca.org](mailto:sbottolfsen@metroymca.org).

## 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.

**Tuesday & Thursday: 6:00-7:00 pm**

## Strength Training Combo (15 years & up)

Each day will have a different theme, using different equipment throughout the fitness center. An effective, fun workout to meet your goals. Classes are month to month, registration opens the 1st of every month. Contact [sbottolfsen@metroymca.org](mailto:sbottolfsen@metroymca.org) for information.

**Monday & Wednesday: 7:00-8:00 pm**

**\$10/session or \$80/month**

## Midday Mixer (15 years & up)

A mixture of resistance training, short bursts of cardio, and balance training to burn fat and build muscle. Classes are month to month, registration opens the 1st of every month. Contact [sbottolfsen@metroymca.org](mailto:sbottolfsen@metroymca.org) for information.

**Tuesday & Thursday: 11:00 am-12:00 pm**

**\$10/session or \$80/month**

## 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. Registration is open the 15th of the prior month.

**Thursday: 7:00-9:00 pm**

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

## Active Older Adults

**Picnic at Lake Wehrspann.** Bring a dish to share. We will grill hot dogs on the grill. Please meet at the large, covered picnic shelter. Contact Jackie at [jwattenhofer@metroymca.org](mailto:jwattenhofer@metroymca.org).

**Friday, September 14: 11:45 am**

**October is Breast Cancer Awareness month.** October 1-7 please honor a cancer survivor by writing their name on the ribbons that will be provided. Wear pink while you workout October 8-14th. Watch for special events going on throughout the month.

**River City Star Riverboat cruise.** Register at the Welcome Center. We will take buses to the Riverboat. Please be ready to load the bus by 12:45 pm. Our tour begins at 1:30-3:00 pm.

**Friday, October 5: Meet at the Y at 12:45 pm. Cruise: 1:30-3:00 pm**

**Questions? Contact Jackie at [jwattenhofer@metroymca.org](mailto:jwattenhofer@metroymca.org).**

## HEALTH & WELLNESS CONTACTS:

**Wellness Managers : 402-334-8487**

**Kiaja Kenard: [kkenard@metroymca.org](mailto:kkenard@metroymca.org)**

**Shelby Bottolfsen: [sbottolfsen@metroymca.org](mailto:sbottolfsen@metroymca.org)**

**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/>