



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARMBRUST YMCA HEALTH & WELLNESS

FALL 2018

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. 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.

Team YMCA Group Training

This program offers multiple options to best fit your wants and needs. Group training classes will be offered throughout the week at multiple times, so that you can easily fit them into your busy schedule. You will receive an individualized program to maximize your results. Let us help you achieve your goals!

Schedule can be viewed:

www.armbrust.metroymca.org/personal-training

Two days/week: Member: \$65/month • Non member: \$80/month
Unlimited: Member: \$80/month • Non member: \$99/month
10 Class Punchcard: Member: \$100 • Non member: \$150

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

Register at the Armbrust 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
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>