



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA HEALTH & WELLNESS

FALL 2018

Youth Fitness Training (10–14 years)

Youth will gain the following:

- Strength Equipment Orientation
- Cardio Equipment Orientation
- Fitness Floor Rules & Policies
- Nutritional Education
- YMCA Fitness Floor Etiquette

By appointment only.

Members: \$55/child, plus \$25 for each additional child

Personal Training

One–On–one Personal Training allows for a more personalized program with only you and your coach where you will get the following:

- Individualized workouts
- Scheduled measurements to track progress
- Motivation
- Accountability
- Education & Knowledge
- Goal Setting & Evaluation
- RESULTS
- FUN

By appointment only. Contact John Whitmyre for more information: jwhitmyre@metroymca.org

Small Group Training

Small Group Training is where 3–6 like-minded individuals looking for that true team building component of fitness & the following:

- Scheduled measurements to track progress
- Motivation
- Accountability
- Education & Knowledge
- Goal setting & evaluation
- RESULTS
- FUN

By appointment only. Contact John Whitmyre for more information: jwhitmyre@metroymca.org

Get Started (ages 15 years and up)

As a new member, you receive two complimentary Get Started sessions with a certified Personal Trainer. During your sessions you will do the following:

- Background Questionnaire
- Setting Realistic Goals
- Baseline Measurements
- Fitness Assessment
- Personalized Workout
- Program Recommendation based on your goals

FREE with a new membership. By appointment only.

Contact John Whitmyre for more information: jwhitmyre@metroymca.org

Group Exercise (ages 12 years and up)

Over 50 complimentary classes on our schedule!

Active Older Adults (ages 55 years and up)

Includes SilverSneakers® Classic classes, Quarterly Birthday Bashes (January, April, July, & October), outings, and other special events scheduled throughout the year.

Classes are Monday, Wednesday, and Friday: 9:00–10:00 am

Contact Danielle Abbott for more information: dabbott@metroymca.org

Les Mills Launches

Quarterly releases for Bodypump and BodyAttack.

See the group exercise schedule at www.metroymca.org.

Contact Danielle Abbott for more information: dabbott@metroymca.org

100 Mile Swim Club

Challenge yourself to swim 100 miles in 2018! Track your miles swam at the Y in the binder on the pool deck. Complete the challenge by December 11, 2018 to receive a t-shirt! Once the challenge is completed, turn your information into the Aquatics staff.

Member: FREE

HEALTH & WELLNESS CONTACT:

John Whitmyre, Health & Wellness Director
402-977-4303 • jwhitmyre@metroymca.org

Register at the Downtown 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/>