



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 Shelby at sbottolfsen@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

FREE for members

Monthly Fit Checks

Join us the first Wednesday of every month from 8:00 am- 1:00 pm and 4:00-8:00 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 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.

HEALTH & WELLNESS CONTACTS: 402-334-8487

Kiaja Kenard: kkenard@metroymca.org

Shelby Bottolfsen: sbottolfsen@metroymca.org

Small Group Training

Certified Trainers help you reach goals with workouts in a small group. Contact Shelby at sbottolfsen@metroymca.org for more information.

Monday & Wednesday: 6:00-7:00 pm

\$65/month

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 for information.

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

\$80/month

Morning Motivation (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 for information.

Tuesday & Thursday: 5:30 am

\$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 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:

Questions? Contact Jackie at jwattenhofer@metroymca.org.

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.

Birthday Celebration: Come celebrate fall birthdays in the cycle room. Birthday cake and coffee will be served.

Friday, November 16: 8:30-10:30 am

Poinsettia Exhibit at Lauritzen Gardens: Field trip to Lauritzen Gardens to see the annual poinsettia exhibit. Bus will leave the Y at 10:00 am. Please register for this event.

Friday, November 30

Holiday Breakfast: Pleasure your Palate will cater the event. The Dancing Grannies will perform. Registration required.

Friday, December 14: 9:00 am

Register at the Southwest 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/>