



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DOWNTOWN YMCA HEALTH & WELLNESS

WINTER 2019

## 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](mailto: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](mailto: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](mailto:jwhitmyre@metroymca.org)**

## Group Exercise (ages 12 years and up)

Over 55 complimentary classes on our schedule!

## Active Older Adults (ages 55 years and up)

Includes SilverSneakers® classes, Quarterly Birthday Bashes (February, May, August, November), 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](mailto:dabbott@metroymca.org)**

## Les Mills Launches

Quarterly releases for Bodypump and BodyAttack.

**See the group exercise schedule at [www.metroymca.org](http://www.metroymca.org).**

**Contact Danielle Abbott for more information: [dabbott@metroymca.org](mailto: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](mailto:jwhitmyre@metroymca.org)

Register at the Downtown YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)

**New session, Downtown YMCA:**

February 4-April 24

Tuesday & Thursday: 5:00-6:15 pm

**COMMUNITY BASED HEALTH 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, Charles E. Lakin YMCA, Downtown YMCA, Maple Street YMCA, Sarpy Community YMCA, Southwest YMCA, and Twin Rivers YMCA

**Contact:** John Whitmyre  
jwhitmyre@metroymca.org  
402-977-4303

**Learn more:** <http://metroymca.org/wellness-programs/livestrong-at-the-ymca/>