



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAPLE STREET YMCA HEALTH & WELLNESS

## WINTER 2019

### Personal Training & Small Group Training (ages 15+)

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!

**By appointment only. 30 & 60 minutes sessions available.**  
Contact Emmy Smith or the Welcome Center for more info.

### Youth Equipment Training (ages 10-14 years)

Two hour class for Youth interested in learning how to use Cardio and Weight training equipment.

**2nd Saturday of the month: 9:00-11:00 am or**

**4th Wednesday of the month: 5:30-7:30 pm**

\$25/participant • \$25 for a private session

### Small Group Training Boot Camp Class (ages 15+)

For any fitness level!

**Monday, Wednesday, Friday: 5:30-6:15 am**

Member: \$65/month • Non member: \$90/month

### Small Group Training Boot Camp Class (ages 15+)

Evening class! For any fitness level.

**Tuesday & Thursday: 5:45-6:30 pm**

Member: \$55/month • Non member: \$80/month

### Fit Checks (all ages)

Monthly checks- Weight, BMI and Body Fat Percentage and Blood Pressure.

**1st Wednesday of each month: 9:00 am-12:00 pm, 5:00-8:00 pm**

FREE for members

### InBody520 Assessment (ages 13 and up)

Accesses body composition and caloric needs. A certified Personal Trainer will help you determine the right plan to reach your goals!

**By appointment only.**

Members: FREE for Personal Training clients

Non members: \$35

### Get Started (ages 15 and up)

Two free introductory sessions with a certified Personal Trainer when you join.

**By appointment only.**

Members: FREE

### SilverSneakers®

SilverSneakers® is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. As a SilverSneakers® member, you get a FREE YMCA membership, SilverSneakers® classes and much more! Check with your insurance provider to see if you qualify.

### HEALTH & WELLNESS CONTACT:

Emmy Smith, Health & Wellness Director  
402-393-3700 • [esmith@metroymca.org](mailto:esmith@metroymca.org)

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

## 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, 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/>