



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTHWEST YMCA HEALTH & WELLNESS

## WINTER 2019

### 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.

**Beginners Latin: Starting January 4 for 6 weeks:**

**Fridays at 7:00 pm**

**Beginners Ballroom: Starting February 15 for 6 weeks:**

**Fridays at 7:00 pm**

**Or by appointment only.**

Member: \$50/couple/session • Non member: \$65/couple/session

Member: \$35/single/session • Non member: \$50/single/session

### Get Started

Get fit today! One-on-one Personal Training (group or family session are available). Two free sessions for every new or returning member. FREE t-shirt and reduced price for continued personal training after completion of the program. Continue monitoring your progress through monthly Fit Checks

**By appointment only. Sign up at the Welcome Center.**

**Contact Kiaja Kenard for more information: 402-334-8487 or kkenard@metroymca.org**

Member: FREE

### 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).

Drop-in (or by appointment, if needed). Contact Kiaja Kenard for more information: 402-334-8487 or kkenard@metroymca.org

Member: FREE

### Active Older Adult Pickleball

**Wednesday: 9:30-11:30 am**

**Member: FREE**

### Swim Club - Pick Your Challenge!

Swim 50, 100, 200 or 300 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.

### 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**

### Adult JuJitSu (18 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**

### Lift Heavy Things (13 years & up)

Lift heavy things is a challenge to test your strength in the squat, deadlift, and bench press. Sign up for our year round challenge and get a beginners workout sent to you. We will host 2 meets a year to see how much stronger you have become! Women's weight classes are: 300, 400, 500, and 600 lbs and Men's weight classes are: 800, 900, 1000, and 1,100 lbs. The end of the year meet will result in a free t-shirt. We will provide 1-1 training or small group training to teach you how to develop your strength.

**Member: FREE**

### Active Older Adults:

**Questions? Contact Jackie at jwattenhofer@metroymca.org.**

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

**Friday, December 14: 9:00 am**

**HEALTH & WELLNESS CONTACTS: 402-334-8487**

Kiaja Kenard: kkenard@metroymca.org

Shelby Bottolfsen: sbottolfsen@metroymca.org

**Register at the Southwest 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/>