



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHARLES E. LAKIN YMCA HEALTH & WELLNESS

2018 WINTER SESSION: January 7 – March 3*

*Some programming runs on a different session schedule. See description for more information.

Get Started

New members receive 2 FREE sessions with one of our certified personal trainers to go over Wellness Center equipment, set goals, and set up a basic workout program. Free t-shirt and reduced prices on personal training packages purchased after completion of the program.

60 minutes session available by appointment.

Member: FREE

Small Group Training

Small Group Training is a fee-based workout with a small group of people led by a certified personal trainer to help you reach your health and fitness goals.

Available in quarterly sessions.

Price depends on the length of package purchased.

Personal Training

Work one on one with a nationally certified personal trainer to reach your health and wellness goals. Build muscle, lose weight and improve overall health!

30 minute & 60 minutes sessions available by appointment.

Price depends on the length of package purchased.

MX4 Small Group Training

This is a fee based 30 minute workout utilizing the MX4 state of the art small group training system. Workouts may include: battle ropes, kettlebells, landmine, slam balls, tubing or weights.

Offered at varying times, 3 days per week.

Monthly fees based on 1 time, 2 times or 3 times per week.

InBody520 Assessment

InBody520 Assessment: Accesses body composition and caloric needs. A certified Personal Trainer will help you determine the right plan to reach your goals!

By appointment only.

Member: FREE • Non member: \$20

Club 180

Club 180 is a way to challenge yourself to stay active in 2018. Every time you check in to the YMCA, your scan counts toward reaching Club 180. Join today and keep your focus this year.

January 1-December 31, 2018

Member: 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.

SilverSneakers® Classic:

Monday & Wednesday: 8:30-9:15 am

Friday: 10:35-11:20 am

SilverSneakers® Circuit:

Tuesday & Thursday: 10:45-11:30 am

SilverSneakers® Memberships are available for FREE through many insurance providers.

Questions about SilverSneakers®? Contact Teri Keller at tkeller@metroymca.org • 712-322-6606

HEALTH & WELLNESS CONTACT:

Janon Tufte, Senior Wellness Director
712-322-6606 • jtufte@metroymca.org

REGISTRATION OPENS – Members: December 11 • Non members: December 15
Register at the Charles E. Lakin YMCA Welcome Center or online: www.metroymca.org

Delay the Disease™ begins at the Charles E. Lakin YMCA in March 2018!

A LIVESTRONG® at the YMCA session begins at the Charles E. Lakin YMCA February 6, 2018: Tue. & Thu.: 6:00 pm

MEDICALLY BASED WELLNESS PROGRAMS

Diabetes Prevention Program:

This year long, classroom-based program is designed to enable adults to make lifestyle changes that will improve their overall health and reduce their risk for developing type 2 diabetes. Participants can qualify via blood values, or a diabetes risk quiz.

Participating locations: This program occurs at various YMCA locations across the Omaha metro area and we are also able to hold these sessions at your worksite. Call for more information or visit our website for information & to take the risk assessment.

Contact: Lindsey Cork
lcork@metroymca.org • 402-977-4326

Learn more: www.metroymca.org/wellness-programs/diabetes-prevention.

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: Teri Keller
tkeller@metroymca.org • 712-322-6606

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/>

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