



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAPLE STREET YMCA HEALTH & WELLNESS

2018 WINTER SESSION: January 7 – March 3*

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

Personal Training & Small Group 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. 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 Megan Detjens or the Welcome Center for more info.

Fit Camp (ages 19 & up)

Boot-Camp style class for participants of all abilities.

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

Member: \$86 • Non member: \$140

Youth Equipment Training (ages 10-14 years)

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

3rd Wednesday of each month.

\$25/participant

Fit Checks (all ages)

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

1st Tuesday 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 • Non members: \$20

Get Started (ages 15 and up)

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

By appointment only.

Members: FREE

HEALTH & WELLNESS CONTACT:

Dan Hendricks, Associate Executive Director
402-393-3700 • dhendricks@metroymca.org

REGISTRATION OPENS - Members: December 11 • Non members: December 15
Register at the Maple Street YMCA Welcome Center or online: www.metroymca.org

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: Theresa Lovings
tlovings@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/>

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