



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTHWEST YMCA HEALTH & WELLNESS

## 2018 WINTER SESSION: January 7 – March 3\*

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

### Ballroom Dancing

You will learn the basics of Foxtrot, Swing and Waltz. Learn footwork, frame and hold, lead/follow, body movement, count and line of dance. Partners are recommended but not required. Hard-soled shoes required.

**Beginner Ballroom: Friday: 6:30 pm**

**Beginner Latin: Friday: 7:30 pm**

**Member: \$35/person or \$50/couple**

**Non member: \$50/person or \$65/couple**

Contact Jill Schoenherr:

[jschoenherr@metroymca.org](mailto:jschoenherr@metroymca.org) for more info.

### 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.

**By appointment only.**

Contact Jill Schoenherr:

[jschoenherr@metroymca.org](mailto:jschoenherr@metroymca.org) for more info.

### Get Started

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

**By appointment only. Contact the Welcome Center.**

FREE for members

### Fit Check Kickoff

Starting January 3rd we will be having our monthly fit checks the first Wednesday of each month from 8-12 and 5-8pm. This Fit Check we will have recipes and nutritional advice from a local Dietitian from Family Fare. Stop by and get your starting BMI, blood pressure, and InBody assessment to start the new year off right! If you cannot make it to one of the time slots, feel free to email Shelby Bottolfson at [sbottolfson@metroymca.org](mailto:sbottolfson@metroymca.org) to schedule an appointment.

**By appointment only.**

FREE for members.

### New Year, New You Challenge

**Ready to start your New Years Resolution and STICK to it?**

Beginning January 3rd and going until March 3rd we will be hosting a challenge on our Southwest YMCA app. Record all of your workouts you complete through the app and attend monthly fit-checks in order to receive your prize! See who you are competing with for added motivation. The top 5 winners who complete the MOST workouts and attend fit-checks will receive a prize and be featured on our Facebook page! The first Fit Check will be January 3rd, midway will be February 7th, and the final check will be March 7th to see how much progress you have made! (If you cannot attend these Fit Checks, contact Shelby Bottolfson at [sbottolfson@metroymca.org](mailto:sbottolfson@metroymca.org) to schedule an appointment). Sign up on our app and get started towards a NEW YOU!

### Club 180 (ages 15 & up)

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.

FREE for members

### 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 the Welcome Center for more information.

### Small Group Training

Certified Trainers help you reach goals with workouts in a small group.

Contact Jill Schoenherr:

[jschoenherr@metroymca.org](mailto:jschoenherr@metroymca.org) for more info.

### HEALTH & WELLNESS CONTACT:

Shelby Bottolfson, Wellness Coordinator  
402-334-8487 • [sbottolfson@metroymca.org](mailto:sbottolfson@metroymca.org)

REGISTRATION OPENS – Members: December 11 • Non members: December 15  
Register at the Southwest YMCA Welcome Center or online: [www.metroymca.org](http://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](http://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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