



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUTLER-GAST YMCA FAMILY, COMMUNITY & HEALTH & WELLNESS

SPRING 2019

Birthday Bash

Celebrate the birthdays of active older adults and friends at our quarterly Birthday Bashes. There will be a potluck lunch (bring a dish), door prizes, fellowship and friends.

Wednesday, April 17: 12:00 pm

Member: FREE

Personal Training & Small Group Training (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 plyometrics, strength & conditioning and TRX - we have a trainer for you!

By appointment only. 30 & 60 minutes sessions available.

Visit the Health & Wellness Director or the Welcome Center for pricing.

Get Started (15+)

As a new member, you receive two complimentary Get Started sessions with a certified Personal Trainer. During your sessions you will do the following:

- Background Questionnaire
- Setting Realistic Goals
- Baseline Measurements
- Fitness Assessment
- Personalized Workout
- Program Recommendation based on your goals

By appointment only.

Visit the Welcome Center to set up your appointments.

Member: FREE

Youth Fitness Training (10-14 years)

Youth will gain the following:

- Strength Equipment Orientation
- Cardio Equipment Orientation
- Fitness Floor Rules & Policies
- Nutritional Education
- YMCA Fitness Floor Etiquette

2nd Saturday of the month: 10:30 am

Member: \$20



FAMILY & COMMUNITY CONTACT:

Alethea Lewis, Membership Director
402-453-8903 • alewis@metroymca.org

Register at the Butler-Gast YMCA Welcome Center or online: www.metroymca.org