



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAPLE STREET YMCA HEALTH & WELLNESS

SPRING 2019

## Personal Training & Small Group Training (ages 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 kettle bells, women's strength and conditioning to swim - we have a trainer for you!

**By appointment only. 30 & 60 minutes sessions available. Contact Emmy Smith or the Welcome Center for more info.**

## Youth Equipment Training (ages 10-14 years)

Two hour class for Youth interested in learning how to use Cardio and Weight training equipment. Register at the Welcome Center or sign up for an individual session.

**2nd Saturday of the month or 4th Wednesday of the month**  
\$25/participant • \$25 for a private session

## Small Group Training Boot Camp Class (ages 15+)

For any fitness level!

**Monday, Wednesday, Friday: 5:30-6:15 am**

Member: \$65/month • Non member: \$90/month

## Fit Checks (all ages)

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

**1st Wednesday of each month: 9:00 am-12:00 pm, 5:00-8:00 pm**  
FREE for members

## Get Started (ages 15 and up)

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

**By appointment only.**

Members: FREE

## TRX Basics Class (ages 18+)

For any fitness level!

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

Member: \$20

## 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. As a SilverSneakers® member, you get a FREE YMCA membership, SilverSneakers® classes and much more! Check with your insurance provider to see if you qualify.

### HEALTH & WELLNESS CONTACT:

Emmy Smith, Health & Wellness Director  
402-393-3700 • [esmith@metroymca.org](mailto:esmith@metroymca.org)

Register at the Maple Street 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:** 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:** [metroymca.org/wellness-programs/delay-the-disease](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, Charles E. Lakin YMCA, Maple Street YMCA, Sarpy Community YMCA, Southwest YMCA, and Twin Rivers YMCA

**Contact:** Amy Roux  
aroux@metroymca.org • 402-393-3700

**Learn more:** [metroymca.org/wellness-programs/livestrong-at-the-ymca](http://metroymca.org/wellness-programs/livestrong-at-the-ymca)

### Y WEIGHT LOSS:

The Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors, and forming sustainable healthy habits. Participants joining the program should be ready to commit to daily food and physical activity tracking as well as developing self-designed weekly action plans that incorporate what is learned during each session. This program helps participants build skills for successful lifestyle changes as opposed to advocating any specific or restrictive short term solution.

**Participating locations:** Armbrust YMCA, Downtown YMCA, Maple Street YMCA, Mills County YMCA, and Southwest YMCA

**Contact the Maple Street YMCA**

**Learn more:** [metroymca.org/wellness-programs/y-weight-loss](http://metroymca.org/wellness-programs/y-weight-loss)