



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TWIN RIVERS YMCA HEALTH & WELLNESS

SPRING 2019

## Get Started

2 FREE One-on-one Personal Training sessions for new or returning members. FREE t-shirt and reduced price continued Personal Training upon completion of the program! A \$120 value!

**By appointment only. Contact the Welcome Center.**  
FREE for members

## Personal Training & Tandem Training

We offer a variety of packages available in 30 or 60 minute sessions. An individual Fitness Assessment is included with each initial session. By appointment only. For pricing contact Macy DeWispelare: mdewispelare@metroymca.org

## Small Group Training

3-6 participants per small group. Work with a certified personal training and your friends to achieve your fitness goals together. All fitness levels are welcome. Each group and each workout is tailored to the specific needs of each participant.

**Monday & Wednesday: 9:00-10:00 am or**

**Tuesday & Thursday: 5:00-6:00 pm**

Member: \$65/month • Non member: \$80/month

## HEALTH & WELLNESS CONTACT:

**Macy DeWispelare, Executive Director**  
402-359-9622 • mdewispelare@metroymca.org

A LIVESTRONG session will begin at the Twin Rivers YMCA: September 2019

## 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  
tlodings@metroymca.org • 402-637-3145

**Learn more:** 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:** Macy DeWispelare  
mdewispelare@metroymca.org  
402-359-9622

**Learn more:** 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

**Learn more:** metroymca.org/wellness-programs/y-weight-loss