



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CHARLES E. LAKIN YMCA HEALTH & WELLNESS

## FIRST SUMMER SESSION 2019

### Get Started

New members receive 2 FREE sessions with one of our certified personal trainers to go over Wellness Center equipment, set goals, and set up a basic workout program. Free t-shirt and reduced prices on personal training packages purchased after completion of the program.

**60 minutes session available by appointment.**

Member: FREE

### Small Group Training

Small Group Training is a fee-based workout with a small group of people led by a certified personal trainer to help you reach your health and fitness goals.

**Available in quarterly sessions.**

Price depends on the length of package purchased.

### Personal Training

Work one on one with a nationally certified personal trainer to reach your health and wellness goals. Build muscle, lose weight and improve overall health!

**30 minute & 60 minutes sessions available by appointment.**

Price depends on the length of package purchased.

### MX4 Small Group Training

This is a fee based 30 minute workout utilizing the MX4 state of the art small group training system. Workouts may include: battle ropes, kettlebells, landmine, slam balls, tubing or weights.

**Offered at varying times, 3 days per week.**

Monthly fees based on 1 time, 2 times or 3 times per week.

### InBody520 Assessment

InBody520 Assessment: Accesses body composition and caloric needs. A certified Personal Trainer will help you determine the right plan to reach your goals!

**By appointment only.**

Member: FREE • Non member: \$20

### Club 180

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.

**January 1-December 31, 2019**

Member: FREE

### 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.

**SilverSneakers® Classic:**

**Monday & Wednesday: 8:30 am**

**Tuesday, Thursday & Friday: 10:45 am**

**SilverSneakers® Circuit:**

**Tuesday & Thursday: 10:45-11:30 am**

SilverSneakers® Memberships are available for FREE through many insurance providers.

### Youth Athletic Development

A 2-day a week program designed for ages 10-13. This program introduces and teaches younger athletes proper running, jumping and lifting technique. This is accomplished through speed and agility drills on the basketball court and strength and explosive lifting in the weight room. The emphasis will be placed on form and technique. At this age it is very important to grove the correct neuromuscular patterns which lead to a decrease in injury and improvement in athletic performance.

**Session 1: June 3-28: Monday & Wednesday: 9:00-10:00 am**

**or Tuesday & Thursday: 9:00-10:00 am**

Member: \$80 • Non member: \$120

### HEALTH & WELLNESS CONTACT:

Adam Loftis, Health & Wellness Director  
712-322-6606 • aloftis@metroymca.org

Register at the Charles E. Lakin YMCA Welcome Center or online: [www.metroymca.org](http://www.metroymca.org)

LIVESTRONG at the YMCA:  
Charles E. Lakin YMCA:  
Tue & Thu: 10:30-11:45 am  
May 13-August 2:

## 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  
tlovings@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

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