



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUTLER-GAST YMCA FAMILY, COMMUNITY & HEALTH & WELLNESS

## SECOND SUMMER SESSION 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)**

One hour class for Youth interested in learning how to use Cardio and Weight training equipment. Youth will gain the following:

- Strength Equipment Orientation
  - Cardio Equipment Orientation
  - Fitness Floor Rules & Policies
  - Nutritional Education
  - YMCA Fitness Floor Etiquette
- Register at the Welcome Center.

**Anytime scheduled with a Wellness Coach or Trainer**

**Member: \$25/session**

### **SilverSneakers® (adults)**

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.

**See the group exercise schedule for SilverSneakers® classes.**

### **Crochet Club (all ages)**

Learn to crochet or teach your methods in this fun club. Snacks are welcome to share. Supplies and instructions will be provided.

**Every Monday: 12:00 pm**

**FREE**

### **FAMILY & COMMUNITY CONTACT:**

**Alethea Lewis, Membership Director**  
402-453-8903 • [alewis@metroymca.org](mailto:alewis@metroymca.org)

Register at the Butler-Gast YMCA Welcome Center or online: [metroymca.org](http://metroymca.org)