



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ARMBRUST YMCA HEALTH & WELLNESS

## SECOND SUMMER SESSION 2019

### Personal Training

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!

**Available in 30 or 60 minute sessions.**

**Please contact Sara Hasenfuss at [shasenfuss@metroymca.org](mailto:shasenfuss@metroymca.org) for pricing options.**

### Team YMCA Group Training

This program offers multiple options to best fit your wants and needs. Group training classes will be offered throughout the week at multiple times, so that you can easily fit them into your busy schedule. You will receive an individualized program to maximize your results. Let us help you achieve your goals!

**Schedule can be viewed:**

**[armbrust.metroymca.org/personal-training](http://armbrust.metroymca.org/personal-training)**

Two days/week: Member: \$65/month • Non member: \$80/month

Unlimited: Member: \$80/month • Non member: \$99/month

10 Class Punchcard: Member: \$100 • Non member: \$150

### Teen & Adult Taekwondo (ages 13 & up)

This is a traditional Taekwondo class that offers students the opportunity to learn a variety of skills while allowing them to tailor their class experience to their level of fitness. Our instructors utilize a number of different tools, including physical skill development and scientific technique dissection to engage students personally to help them develop to their full potential.

**Tuesday and/or Thursday: 6:35-7:25 pm**

One day/week: Member: \$37/month • Non member: \$64/month

Two day/week: Member: \$50/month • Non member: \$90/month

### HEALTH & WELLNESS CONTACT:

Sara Hasenfuss, Health & Wellness Director  
402-896-4200  
[shasenfuss@metroymca.org](mailto:shasenfuss@metroymca.org)

Register at the Armbrust YMCA Welcome Center or online: [metroymca.org](http://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

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