



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARMBRUST YMCA HEALTH & WELLNESS

FIRST FALL 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.

Pricing available online at:

armbrust.metroymca.org/personal-training

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

Two days/week: Member: \$75/month • Non member: \$99/month

Unlimited: Member: \$99/month • Non member: \$150/month

10 Class Punchcard: Member: \$120 • Non member: \$150

Boxing 101 (ages 13-17; 18 & up, members only)

Are you looking for something new and exciting to add to your fitness routine? This high-energy, non-contact, low impact, boxing class will teach the basics of boxing.

The class will mimic a true boxer's workout, including strength training and conditioning.

Instructor: Amy Hester has been a boxer for 8 years, kickboxer for 7 years, and was the 2014 Muay Thai Nationals Kickboxing Champion. Amy also competed in the 2015 USA Boxing Olympic Qualifier and is a USA Boxing Certified Boxing Coach.

6 Week Session: September 9-October 15

Ages 13-17: Monday & Wednesday: 5:30-6:30 pm

Member: \$75

Ages 18+: Saturday: 12:00-1:30 pm

Member: \$50

Powerhouse (for youth grades 6th-10th)

Powerhouse is small group training class designed to give young women the tools they need to succeed, boost self-confidence, and overall help them feel empowered.

Girls will get to work with a personal trainer and discuss a variety of topics covering body positivity, weight training, techniques, and basic nutrition as well as spending time in the wellness center lifting weights.

6 Week Session: September 9-October 15

Tuesday: 5:30 pm

Member: \$50 • Non member: \$80

HEALTH & WELLNESS CONTACT:

Sara Hasenfuss, Health & Wellness Director

402-896-4200

shasenfuss@metroymca.org

Register at the Armbrust YMCA Welcome Center or online: metroymca.org

**Next Armbrust YMC
LIVESTRONG session:
September 10–November 27:
Monday & Wednesday:
6:00–7:30 pm**

**Next Armbrust YMCA
Y Weight Loss session:
12 Weeks: Sept. 8–Nov. 26
Sunday: 4:00–5:00 pm OR
Monday: 11:30 am–12:30 pm OR
Tuesday: 5:30–6:30 pm**

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

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

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