



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA HEALTH & WELLNESS

FIRST FALL SESSION 2019

Youth Fitness Training (10–14 years)

Youth will gain the following:

- Strength Equipment Orientation
- Cardio Equipment Orientation
- Fitness Floor Rules & Policies
- YMCA Fitness Floor Etiquette

By appointment only.

Members: \$55/child (private session) or \$25/child, plus \$10 each additional for families/groups

Personal Training

One-on-one Personal Training allows for a more personalized program with only you and your coach where you will get the following:

- Individualized workouts
- Scheduled measurements to track progress
- Motivation
- Accountability
- Education & Knowledge
- Goal Setting & Evaluation
- RESULTS
- FUN

By appointment only. Contact John Whitmyre for more information: jwhitmyre@metroymca.org

Small Group Training

Small Group Training is where 3–6 like-minded individuals looking for that true team building component of fitness & the following:

- Scheduled measurements to track progress
- Motivation
- Accountability
- Education & Knowledge
- Goal setting & evaluation
- RESULTS
- FUN

By appointment only. Contact John Whitmyre for more information: jwhitmyre@metroymca.org

Get Started (ages 15 years and up)

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

FREE with a new membership. By appointment only.

Contact John Whitmyre for more information: jwhitmyre@metroymca.org

Group Exercise (ages 12 years and up)

Over 55 complimentary classes on our schedule!

Active Older Adults (ages 55 years and up)

Includes SilverSneakers® classes, Quarterly Birthday Bashes (February, May, August, November), outings, and other special events scheduled throughout the year.

Classes are Monday, Wednesday, and Friday: 9:00–10:00 am

Contact the Welcome Center for more information.

Les Mills Launches

Quarterly releases for Bodypump and BodyAttack.

See the group exercise schedule at www.metroymca.org.

100 Mile Swim Club

Challenge yourself to swim 100 miles in 2019! Track your miles swam at the Y in the binder on the pool deck. Complete the challenge by December 11, 2019 to receive a t-shirt! Once the challenge is completed, turn your information into the Aquatics staff.

Member: FREE

HEALTH & WELLNESS CONTACT:

John Whitmyre, Health & Wellness Director
402-977-4303 • jwhitmyre@metroymca.org

Register at the Downtown YMCA Welcome Center or online: 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
tlovings@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

Contact the Downtown YMCA

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