



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SARPY YMCA HEALTH & WELLNESS

Get Started

2 FREE One-on-one Personal Training sessions for new or returning members. Reduced price on continued Personal Training upon completion of the program. A \$120 value!

By appointment only.

Included with your membership.

InBody520 Assessment (ages 13 and up)

The InBody520 assesses your body composition and calorie needs. Your trainer can then help you determine the right plan to reach your goals.

By appointment only.

InBody & Consultation with a certified Personal Trainer:

Members: FREE • Non members: \$35

Fit Checks

Fit Checks are available FREE to all adult members every month. Fit Checks include: Weight, Body Mass Index, Body Fat Percentage, and Blood Pressure.

3rd Thursday of each month: 8:00–11:00 am, 4:00–7:00 pm

Included with your membership.

Personal Training & Tandem Training

Work with a certified personal trainer to meet your health and fitness goals. Train one on one or with a partner. An individual assessment is included with each package.

By appointment only. 30 & 60 minute sessions available.

A variety of packages are available.

Small Group Training

3–6 participants per small group. Work with a certified personal trainer and your friends to achieve your fitness goals together. All fitness levels are welcome. Each group and each workout is tailored to the specific needs of each participant. For more information on specific days and times contact Allyssa Schamp at 402-339-9861 or aschamp@metroymca.org

Days & times vary each month.

30 minute sessions: \$56/month

60 minute sessions: \$96/month

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. 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. In addition to group exercise classes we have SilverSneakers events such as luau parties, hoedowns and a Walk Across Nebraska competition.

RenewActive™

Renew Active™ is a fitness program for body and mind that's designed around you and your goals to help you live your best life. As a Renew Active™ member, you get a FREE YMCA membership, access to group-exercise classes and much more! Check with your insurance provider to see if you qualify.

In addition to group exercise classes we have Active Older Adult events such as luau parties, hoedowns and a Walk Across Nebraska competition.

HEALTH & WELLNESS CONTACT:

Allyssa Schamp, Health & Wellness Director
402-339-9861 • aschamp@metroymca.org

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

Delay the Disease™ sessions:

Session 4: Sept. 15–Dec. 14:

Tue & Thurs: 11:50 am–12:50 pm

Non member:

\$140/session/once per week or

\$240/session/twice per week

You may sign up for the Tuesday or

Thursday class or both. Physician's

clearance is required to attend. See

Welcome Center for paperwork.

A new LIVESTRONG session begins in September:

Fall 2019: September 9 –
November 29

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: Michelle Williamson
mwilliamson@metroymca.org
402-339-9861

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: Allyssa Schamp
aschamp@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

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