



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHWEST YMCA HEALTH & WELLNESS

FIRST FALL SESSION 2019

Get Started

Get fit today! One-on-one Personal Training (group or family session are available). Two free sessions for every new or returning member. FREE t-shirt and reduced price for continued personal training after completion of the program. Continue monitoring your progress through monthly Fit Checks

By appointment only. Sign up at the Welcome Center.

Contact Kiaja Kenard for more information: 402-334-8487 or kkenard@metroymca.org

Member: FREE

Monthly Fit Checks

Join us the first Wednesday of every month from 8:00 am- 1:00 pm and 4:00-8:00 pm to see how you are progressing on your fitness journey! Try our Inbody, get your blood pressure taken, and get a chance to talk with our wellness coaches/personal trainers. Also, stop by and talk with a local health/fitness professional about what their business has to offer and how they can help you with your wellness goals (we will be bringing in different businesses every month).

Drop-in (or by appointment, if needed). Contact Kiaja Kenard for more information: 402-334-8487 or kkenard@metroymca.org

Member: FREE

Swim Club – Pick Your Challenge!

Swim 50, 100, 200 or 300 miles in a year and earn a prize!

Contact us at swaquatic@metroymca.org for questions and information.

Member: FREE

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.

Available in 30-60 minute sessions, individual or tandem sessions. By appointment only. Contact Kiaja Kenard for more information: 402-334-8487 or kkenard@metroymca.org

Small Group Training (15 years & up)

Certified Trainers help you reach goals with workouts in a small group.

Monday & Wednesday: 6:00-7:00 pm

Member: \$65/month • Non member: \$115/month

Strength Training Combo (15 years & up)

Each day will have a different theme, using different equipment throughout the fitness center. An effective, fun workout to meet your goals. Classes are month to month, registration opens the 1st of every month.

Monday & Wednesday: 7:00-8:00 pm

Member: \$80/month • Non member: \$125/month

Adult JuJitSu (18 years & up)

JuJitSu is a self-defense art that incorporates blocking, striking, kicking, grappling and throwing techniques. Must be 13 years and older. Contact Rachel Lowe at rlowe@metroymca.org for information. Registration is open the 15th of the prior month.

Thursday: 7:00-9:00 pm

Member: \$44/month • Non member: \$88/month

Lift Heavy Things (13 years & up)

Lift heavy things is a challenge to test your strength in the squat, deadlift, and bench press. Sign up for our year round challenge and get a beginners workout sent to you. We will host 2 meets a year to see how much stronger you have become! Women's weight classes are: 300, 400, 500, and 600 lbs and Men's weight classes are: 800, 900, 1000, and 1,100 lbs. The end of the year meet will result in a free t-shirt. We will provide 1-1 training or small group training to teach you how to develop your strength.

Lift Heavy Things Meet: November 16: 8:00 am-1:00 pm

Member: FREE

Active Older Adult Pickleball

Wednesday: 9:30-11:30 am

Member: FREE

Active Older Adults:

Questions? Contact Jackie at jwattenhofer@metroymca.org

Ballroom Dancing Class (15 years & up)

You will learn the basics of Foxtrot, Swing and Waltz. Learn footwork, frame and hold, lead/follow, body movement, count and line of dance. Partners recommended but not required. Hard-soled shoes are required.

September 6-October 11: Fridays: 7:00 pm

Member: \$50/couple/session or \$35/single/session

Non member: \$65/couple/session or \$50/single/session

HEALTH & WELLNESS CONTACT: 402-334-8487

Kiaja Kenard: kkenard@metroymca.org

See more Health & Wellness programming on the reverse side.

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

New sessions at the Southwest YMCA: Y Weight Loss:

October 7-January 2
Monday: 7:00-8:00 pm OR
Thursday: 12:00-1:00 pm

Member: \$60
Non member: \$99

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: (18 years+)

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 Southwest YMCA
Member: \$60 • Non member: \$99

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