



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUTLER-GAST YMCA FAMILY, COMMUNITY & HEALTH & WELLNESS

SPRING SESSION 2020

Personal Training & Small Group Training (15+)

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 plyometrics, strength & conditioning and TRX - we have a trainer for you!

By appointment only. 30 & 60 minutes sessions available.

Visit the Health & Wellness Director or the Welcome Center for pricing.

Get Started (15+)

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

By appointment only.

Visit the Welcome Center to set up your appointments.

Member: FREE

Fit Checks (all ages)

Monthly checks- Weight, BMI and Body Fat Percentage and Blood Pressure.

Every other Monday: 9:00 am-1:00 pm

FREE for members

Youth Fitness Training (10-14 years)

One hour class for Youth interested in learning how to use Cardio and Weight training equipment. Youth will gain the following:

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

Register at the Welcome Center.

Anytime scheduled with a Wellness Coach or Trainer

Member: \$25/session

SilverSneakers® (adults)

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.

See the group exercise schedule for SilverSneakers® classes.

Crochet Club (all ages)

Learn to crochet or teach your methods in this fun club. Snacks are welcome to share. Supplies and instructions will be provided.

Every Monday: 12:00 pm

FREE

FAMILY & COMMUNITY CONTACT:

Alethea Lewis, Membership Director
402-453-8903 • alewis@metroymca.org

Register at the Butler-Gast YMCA Welcome Center or online: metroymca.org