



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ARMBRUST YMCA HEALTH & WELLNESS

## SPRING SESSION 2020

### 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](http://armbrust.metroymca.org/personal-training)**

### Small 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! Try Small Group at the YMCA for free with our 4 visit trial card. Stop by the Welcome Center to pick up your card today!

**Schedule can be viewed:**

**[armbrust.metroymca.org/personal-training](http://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

### Powerhouse (6th-10th grades)

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: April 7-May 16**

**Tuesday: 5:30-6:45 pm and/or Saturday: 9:45-11:00 am**

Tuesday only: Member: \$50 • Non member: \$80

Tuesday & Saturday: Member: \$80 • Non member: \$110

### Indoor Triathlon & Duathlon (18+)

Run, Bike, and Run your way around the Armbrust YMCA!

**Sprint Triathlon:** Complete 15 minutes of each activity with a 5 minute transition period between activities.

**Endurance Triathlon:** Complete 30 minutes of each activity with a 5 minute transition period between activities.

**Duathlon:** Complete 15 minutes of running, 30 minutes of biking, and a second 15 minute run with 5 minute transition period between activities.

Need some practice? We will have a few clinics listed below to practice your skills!

**Sunday, March 29: 7:30 am**

Sign up at the Welcome Center - space is limited!

Member: \$75 • Non member: \$125

### HEALTH & WELLNESS CONTACTS:

**Sara Hasenfuss, Health & Wellness Director**  
402-896-4200 • [shasenfuss@metroymca.org](mailto:shasenfuss@metroymca.org)

**Amber Cornist, Health & Wellness Coordinator**  
402-896-4200 • [acornist@metroymca.org](mailto:acornist@metroymca.org)

Register at the Armbrust YMCA Welcome Center or online: [metroymca.org](http://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](http://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](http://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](http://metroymca.org/wellness-programs/y-weight-loss)