



Wellness Services

2012

Contact Information

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Free Services

The following services are FREE with your Y Membership.

Next Step

We are all on a wellness journey at the YMCA and we want to help you find that Next Step in your journey. Our friendly, knowledgeable staff will share with you programs, classes, and ideas to help you succeed in whatever phase of your wellness journey you are in. These phases include: Getting Started, Coming Back/Moving Up, Steady State, Pushing Limits, and Ultimate Performance. Once we help you find your phase, we can help you find the right orientation, class, or program to help you meet your needs!

Member Orientation

All members are encouraged to attend this appointment. This is designed to help reduce anxiety for new members' first days of participation and to help you feel comfortable using the Y. After becoming more familiar with what your needs are, our staff will assist you in scheduling fitness appointments.

Group Exercise Classes

We offer a variety of land, water and cycling classes. Please see full schedule for class descriptions.

Precor Equipment Orientation

Learn how to correctly adjust each machine to fit your height and frame. Our Wellness Specialists will discuss the benefits of strength training and give you a simple program to follow.

Free Weight Orientation

Our Wellness Specialists will show you how to effectively and properly use the weights and give you a simple program to follow. Orientation will also include information on flexibility.

Quick Fit Equipment Orientation

Looking for an easier, quicker strength workout? This user friendly, full-body circuit is designed for any fitness level, youth to senior. The hydraulic based circuit focuses on all the major muscle groups. Just get on and work out. This equipment is available at the Downtown Y for 9-13 year olds with direct parental supervision.

Cardiovascular Equipment Orientation

Explore the many options we have for cardiovascular exercise. Learn how to accomplish your goals, cross-train and how to use each piece of cardio equipment. The Wellness Specialist will instruct you on how to use your heart rate to get the best out of your workout and will discuss the importance of warming up, cooling down and stretching.

Exercise Programming

This consultation will give you the opportunity to discuss your current workout plan with a Wellness Specialist. We will help you fine tune your current program to meet your goals. You may sign up once per six months. This is for members who need a little motivation, guidance or direction in their current workout program.

Health Assessment

Measures cardiovascular fitness, muscle strength and endurance, flexibility, body composition, blood pressure and resting heart rate. Please wear shorts, t-shirt and workout shoes. You will be given a copy of the results and we will keep them on file. We recommend retesting every 3-6 months to track results. Free for Members, cost for Non-Members = \$90

Before your assessment avoid:

1. Exercising
2. Smoking (two-hours before)
3. Consuming alcohol 24 hours
4. Eating (two-hours before, including coffee and tea)

Fee Based Programs

The following services are offered at an additional fee. Separate brochures are available with more information.

Nutrition Programming

Sign up today to meet one-on-one with a Y Nutrition Specialist for a nutrition analysis. Nutrition analysis includes a computerized dietary recall evaluation and consultation to discuss recommendations, questions and concerns regarding dietary habits. Additional services include menu planning and additional days of diet recall analysis.

Fees \$30
Follow Up
Consultations \$15

Personal Training

Take your workouts to the next level and get some personalized training with a Y Personal Trainer. Services include a specially designed workout for you, motivation to overcome fitness plateaus, weight loss/management programs, one-on-one training sessions, sports specific training and developing healthier and more active habits. Group training also available.

Fees As low as \$32/hour (dependent on number of sessions purchased)

Youth Fitness Training

A 10-week class for youth ages 12-14 years old who are interested in instructional and motivating ways to keep their bodies strong and healthy. The class will teach safety and proper technique in using the equipment, as well as character development, weight room etiquette, basic nutrition and effects of illegal substances on the body. This class is mandatory for 12 and 13 year olds that would like to use the Wellness Areas.

Fees \$25

Y-Lose It

Join the Lincoln YMCA's weight loss challenge. You will work together with a Wellness Coach and up to 6 team members. Through this 13-week weight loss challenge you will become healthier by setting and working towards realistic and personal goals. Cash prizes will be awarded to the individual and team that loses the most percentage of body weight within the Lincoln YMCA's.

Fees \$125

Registration Information

Stop by the Front Desk to schedule a time for any of our services.

Lincoln YMCA Refund Policy

A requested refund 2 business days prior to the start of any activity or class will be issued as 100% credit. After that a 50% credit will be issued prior to the start date of the activity. After the start of the class, no refunds will be given. If the YMCA cancels a class or program there will be a full refund.

Photo/Video Disclosure Statement

The YMCA of Lincoln, Nebraska may on occasion take photographs and/or video of its members or program participants for use in print materials or by electronic methods. Your entry into YMCA facilities, participation in YMCA programs or participation in YMCA events grants permission for the YMCA of Lincoln, Nebraska to use these photographs and/or video in its marketing and public relations efforts.

Cooper

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Downtown

1039 P Street
Lincoln, NE 68508
(402) 434-9230

Fallbrook

700 Penrose Drive
Lincoln, NE 68521
(402) 323-6444

Northeast

2601 N. 70th Street
Lincoln, NE 68507
(402) 434-9262

Youth Sports

570 Fallbrook Blvd., # 210
Lincoln, NE 68521
(402) 434-9217

Camp Kitaki

570 Fallbrook Blvd., #210
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