



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DISEASE MANAGEMENT

DELAY THE DISEASE

Through cardiovascular, strength, balance and flexibility training, we will teach people with Parkinson's disease how to manage symptoms and maintain quality of life. This empowering program will provide skills to assist with ease of movement, confidence and independence. These skills will benefit everyone no matter your age.

This class meets two times a week for sixteen weeks, 60 minutes /class.

Fees:

Lincoln Y Member Free
Non-member \$60

ENHANCE@FITNESS

This nationally recognized arthritis management program is proven to assist adults of all ages in reducing their arthritis symptoms and becoming more active, energized, and empowered for independent living through cardiovascular endurance, strength, flexibility, and balance movements in a relaxed, encouraging, and supportive atmosphere.

This class meets two times a week for sixteen weeks, 60 minutes /class.

Fees:

Lincoln Y Member Free
Non-member \$90

LIVESTRONG® at the YMCA

LIVESTRONG at the YMCA is an evidence-based program, that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. Certified staff create a welcoming community in which survivors can improve their strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships, and improve their quality of life.

The LIVESTRONG at the YMCA program is a 12-week program with two, 75-minute sessions per week that include cardiovascular conditioning, strength training, balance and flexibility exercises. Sessions are held in the YMCA Wellness Centers and participants are evaluated on Functional and Quality of Life assessments before and after participation.

Fees:

Lincoln Y Member Free
Non-member \$60

SESSION & REGISTRATION DATES

DELAY THE DISEASE

SESSION DATES:	REGISTRATION BEGINS:
January 14–May 5, See Group Fitness Schedule	May join at any time

ENHANCE@FITNESS

SESSION DATES:	REGISTRATION BEGINS:
January 14–May 5, See Group Fitness Schedule	May join at any time

LIVESTRONG®

SESSION DATES:	REGISTRATION BEGINS:	REGISTRATION ENDS:
January 14–April 17, Wednesdays & Fridays 11 am	December 3	January 7



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FALBROOK YMCA

WELLNESS SERVICES

2019

FREE WELLNESS SERVICES

NEXT STEP

Meet with a Wellness Specialist who will work with you to determine the next steps in attaining a healthier lifestyle. This consultation will give you the opportunity to discuss beginning a workout plan or fine tuning your current program to meet your goals. This is for members who need a little motivation, guidance or direction. After you've reached a goal, make another appointment to continue improving. Do this as often as you like!

GROUP EXERCISE

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

NUTRITION ORIENTATION

This is a one-time introductory nutrition session provided for all YMCA Members. During the 30-minute session, a Wellness Specialist will explain the benefits of a healthy diet, how to properly record your food intake and may suggest reputable websites for continued healthy nutrition help. The Wellness Specialist may answer some nutrition questions and will explain our nutrition service options.

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. A 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.

STRENGTH EQUIPMENT ORIENTATIONS

Our Wellness Specialist will discuss the benefits of strength training and give you a simple program to follow. We have a variety of strength training options and you are welcome to take advantage of orientations for each of these: Quick Fit, Strength Machines, Free Weights and Cable Tower. We will show you how to correctly adjust each piece of equipment to fit your height and frame and help you determine how many sets and repetitions to lift with an appropriate weight.

HEALTH ASSESSMENT

Measures cardiovascular fitness, muscle strength and endurance, flexibility, body composition, blood pressure and resting heart rate. Please hydrate with water, wear shorts, a 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 YMCA of Lincoln Members, cost for Non-members = \$90

Before your assessment **avoid:**

1. Exercising (4 hours prior)
2. Smoking or eating, including coffee and tea (2 hours prior)
3. Consuming alcohol (24 hours prior)

MEMBER INCENTIVES

Throughout the year, we will offer free incentives in our facilities to keep you motivated, help you set and achieve new goals, try new forms of wellness and earn prizes! Incentive programs may be in specific program areas (i.e. lap swimming, group exercise) or may be general usage. We encourage you to take advantage of these seasonal opportunities!

These services are FREE with your YMCA of Lincoln membership. Please contact our Front Desk staff to assist you in scheduling.

Visit YMCALINCOLN.ORG for more information and to register.

FEE-BASED WELLNESS SERVICES

Y-LOSE IT

Join the YMCA of Lincoln's weight loss challenge. You will work together with a Wellness Coach and up to 6 team members. Through this 12-week, 2 times/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 highest percentage of body weight within the Lincoln YMCAs. Pro option includes 4 one-on-one 45 minute nutrition sessions with a Registered Dietician.

Fees—Basic Option

Lincoln Y Member \$140 (add \$10 after early-bird dates)
Non-member \$310* (add \$10 after early-bird dates)

*Includes membership during the 12-week challenge)

Fees—Pro Option

\$200 (add \$10 after early-bird dates)
\$400* (add \$10 after early-bird dates)

SPECIALIZED TRAINING

Do you feel like you are just going through the motions with your exercise routine? Would you like the motivation of a coach but personal training isn't your thing? Check out our Specialized Training options! Formats include: TRX®, Barre, Y-Maintain It, and more. A certified YMCA staff will lead each session. A variety of session lengths are offered at our facilities depending on the program and schedules. Group size is limited based on training format and facility logistics.

Fees

Lincoln Y Member Equivalent to \$7/hour
Non-member Equivalent to \$14/hour

WORKSHOPS

Workshops provide the opportunity to try our Specialized Training formats for one session. Formats include: TRX®, Barre, Y-Maintain It, Sport Swimming and Stroke Refinement, and more. A certified YMCA staff will lead each session. Group size is limited based on training format and facility logistics.

Fees

Lincoln Y Member Equivalent to \$7/hour
Non-member Equivalent to \$14/hour

SESSION & REGISTRATION DATES

Y-LOSE IT	REGISTRATION BEGINS	REGISTRATION ENDS	MEMBER RATE	NON-MEMBER RATE
February 4–April 28 Tuesdays & Thursdays 5:05—6:05 am Mondays & Fridays 9:30—10:30 am Mondays & Wednesdays 6—7 pm Thursdays 7–8 pm & Saturdays 9–10am	December 10, 2018	January 21 End of Early-bird pricing	See description	See description
SPECIALIZED TRAINING				
BARRE EXPRESS January 5–January 26 Saturdays, 9:30 am—10:30 am	December 17	January 5	\$28	\$56
HOOP FITNESS January 5–January 26 Saturdays, 10:45 am—11:45 am	December 17	January 5	\$28	\$56
TRX FUSION January 6–January 27 Sundays, 2 pm—2:30 pm	December 17	January 6	\$14	\$28
January 28–March 4 Mondays, 8:30—9:15 am	December 17	January 28	\$31.50	\$63
Y MAINTAIN IT April 29–May 26 Times and Days TBD	March 25	April 21	\$56	\$112

Visit YMCALINCOLN.ORG for more information and to register.

FEE-BASED WELLNESS SERVICES

NUTRITION CONSULTATION

Meet with a YMCA Nutrition Specialist one-on-one for your dietary needs. This consultation will include a 3-day food intake review, discuss dietary recommendations including calorie range, carbohydrate, protein and fat allowances, answer questions regarding your dietary habits and provide material specific to your dietary goals.

Fees

Lincoln Y Member \$20 for initial consultation \$10 for each follow up consultation
Non-member \$40 for initial consultation \$20 for each follow up consultation

NUTRITION PROGRAMMING

Meet with a YMCA Registered Dietician one-on-one for a nutrition analysis and assistance with your dietary needs pertaining to diseases such as diabetes, thyroid, high blood pressure, etc. This appointment includes a computerized dietary recall evaluation, disease-related food requirements, special diet needs and assistance with meal planning.

Fees

Lincoln Y Member \$30 for initial consultation \$15 for follow up consultation
Non-member \$60 for initial consultation \$30 for follow up consultation

WELLNESS CHALLENGES

Challenges like our Swim•Bike•Run and Holiday Wellness Challenge are offered periodically throughout the year to encourage you to take your fitness to the next level and work towards a set goal.

Fees

Lincoln Y Member \$25

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. Small group training also available.

Fees

As low as \$33/hour (dependent on number of sessions purchased)

PERSONAL TRAINING FEES

Package	Individual Lincoln Y Member Rate	Individual Non-Member Rate	Small Group Lincoln Y Member Rate (Per Person)	Expires (from purchase date)
1 SESSION	\$50	\$100	N/A	1 MONTH
3 SESSIONS	\$135	\$270	\$105	3 MONTHS
5 SESSIONS	\$220	\$440	\$175	3 MONTHS
10 SESSIONS	\$400	\$800	\$310	6 MONTHS
15 SESSIONS	\$525	\$1050	\$405	6 MONTHS
25 SESSIONS	\$825	\$1650	\$675	9 MONTHS

Registration Information

Stop by the Front Desk to schedule a time for any of our services, or visit ymcalincoln.org for more information and to register.

YMCA of Lincoln 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 Release

Membership enrollment, entry into facilities or property/grounds, participation in YMCA programs and/or events grants permission and consent for participant(s) to be photographed or videotaped, audiotaped or recorded and waives any privacy rights with regard to the display of such photographs, broadcasts, recordings, etc. in presentations, publications, websites, social media, news, radio, TV and other means. If you have concerns with the use of these items, you are responsible for personally notifying a Branch Director in writing. The YMCA does not control, regardless of your circumstances, the taking or use of photos/videos, etc. at "public events" such as athletic events, outreach events, etc. where members of the public/community/media are invited.