

GROUP FITNESS CLASSES

FREE with your Y membership - over 60 classes per week

- **Ab Attack** - core strengthening and toning
- **Aqua Charged** - fast-paced aquatics
- **Aqua Fit** - moderate water workout
- **Aqua Motion** - casual, fun aquatics
- **EnhanceFitness** - arthritis exercise
- **Group Active** - strength and cardio
- **Group Blast** - athletic aerobics
- **Group Centergy** - yoga/pilates
- **Group Core** - tone and shape
- **Group Fight** - martial arts cardio
- **Group Power** - weight training
- **Group Ride** - indoor cycling
- **H.I.I.T.** - interval training
- **Med Ball Medley** - power cardio
- **Pilates** - core, balance and flexibility
- **SilverSneakers** - stay young
- **Spin Cycle** - cycling (half hour)
- **Tabata** - circuit training
- **Zumba** - freestyle dance



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING

NORM WAITT SR. YMCA



NORM WAITT SR. YMCA
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WELLNESS PROGRAMS

Boot Camp

Push to a new level with high-intensity, fun outdoor workouts. Designed and modifiable for all fitness levels. Seasonal – summer.

Fit For Two

Safe, effective prenatal land and water exercise for soon-to-be-moms. Increase your chance of easier delivery and quicker recovery.

Youth & Teen Boot Camps

Every child wants to have fun and make new friends over the summer... so why not be able to do it while staying physically active with obstacle courses, challenges, games, relay races and more!?

Barre Connect

Connects ballet, dance, yoga, & functional strength / cardio training in a fun, total body workout! [Debuts September 2016.](#)

PRESCRIPTION HEALTH PROGRAMS

Blood Pressure Self-Monitoring

Living with high blood pressure? Alongside your healthcare provider, we will help you manage and lower it.

Delay the Disease

You may have Parkinson's, but it doesn't have you! Optimize physical function and delay the progression of your symptoms.

EnhanceFitness

This community-based program helps you manage arthritis by increasing mobility, activity and energy. Free with Y membership.

Healthy Weight and Your Child

Combat childhood (ages 7-13) obesity through family involvement so kids can reach a healthy weight and establish healthier lifestyles. [Starts August 2016.](#)

LIVESTRONG at the YMCA

Regain your strength and reclaim your health after beating cancer in a small group of others just like you. Free for all adult cancer survivors!



Making Strides (MS)

Our Multiple Sclerosis program focuses on function and is designed to help improve or maintain mobility, energy management and other cognitive functions.

Move Well Today Diabetes Exercise

Manage diabetes health risks through guided, motivating workouts and tracking. [Debuts Fall 2016.](#)

YMCA's Diabetes Prevention Program

Learn healthy eating, how to get started with physical activity and other behavioral change. One year program for high risk prediabetics aiming to prevent the onset of type 2 diabetes.

PERSONAL TRAINING

Need some extra motivation and support to achieve your fitness goals? Our certified Wellness Coaches offer custom, 1-on-1 sessions at times convenient to your schedule.

One Hour Sessions

\$35 (1-9 sessions), \$29 (10+ sessions)

Half Hour Sessions

\$20 (1-9 sessions), \$15 (10+ sessions)

Two-Person Sessions

\$60 (1-9 sessions), \$50 (10+ sessions)
(only offered in 1-hour sessions)

Advanced Training

\$50 (1-hour sessions)

Private Swim Lessons

Personalized instruction for swimmers of any age and any level wanting to improve skills (strokes, technique, endurance, etc.).

Wellness Menu

We provide countless ways to help you improve your overall wellbeing – in mind, body and spirit. Services are tailored to your lifestyle.

