



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## ABOUT THE Y

The Norm Waitt Sr. YMCA has been an essential part of the Siouxland community for over 130 years. As a diverse non-profit, all members, volunteers, staff and contributors are joined together by the shared commitment to youth development, health living and social responsibility.



The Y is dedicated to impacting the people in the communities we serve.

Every day, we work side-by-side with our neighbors to make sure that everyone – regardless of age, income or background – has the opportunity to learn, grow and thrive. To accomplish with, we offer fun, safe, affordable and quality programs that build a healthy mind, body and spirit for all: many only sustainable thanks to donor support!

# WELLNESS STARTS HERE

Wellness Menu  
NORM WAITT SR. YMCA



**NORM WAITT SR. YMCA**  
601 Riverview Drive  
South Sioux City, NE 68776  
402-404-8439  
nwsymca.org

## GETTING STARTED FREE

Sometimes getting started can be the hardest part. That's why we offer Getting Started, a free 30-minute, one-on-one conversation to ensure you get the most out of being a part of the Y. In this session, our trained staff will learn more about your specific needs and wellness goals and then provide you with advice on programs, classes and equipment to help you discover what's right for you.

## WELLNESS CHECK \$15

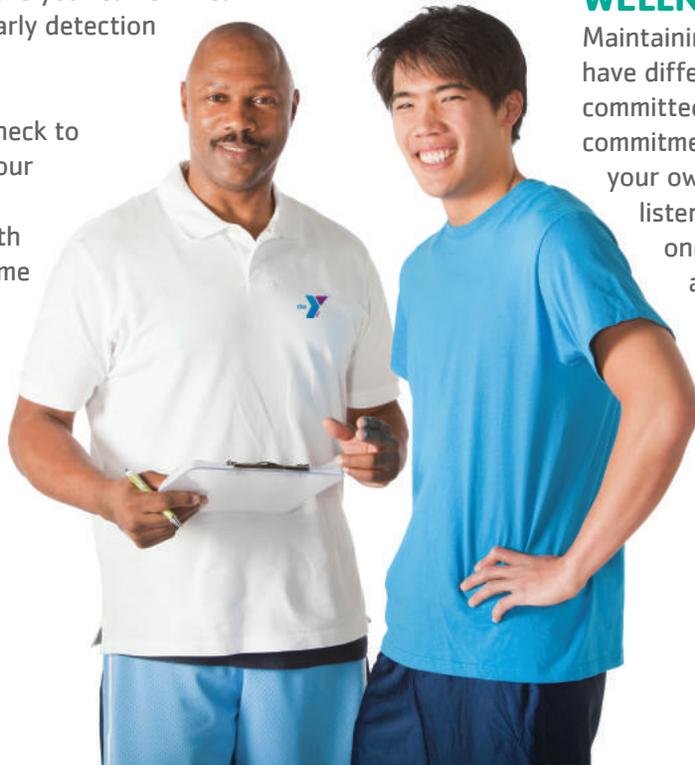
Your 30-minute Wellness Check establishes baseline measurements from which your progress can be tracked. This is a great starting point to help you identify areas you may want to focus on and help you keep track of your improvements. Wellness Check measurements include resting heart rate, body composition, body mass index (BMI), circumference measurements and finding your target heart rate zone.

## KNOW YOUR NUMBERS \$35; \$60

Knowing your numbers is an important step to better health and it has never been easier. This Biometric Screening is a simple blood test\* that provides total cholesterol, HDL, LDL, triglycerides, blood glucose and blood pressure. Performed by trained Wellness Staff, the entire process takes just 20 minutes. This valuable screening is used to evaluate your current health and to help determine risk factors for early detection and intervention.

For just \$25 more, you can add MyBioCheck to the package. MyBioCheck will identify your health strengths and weaknesses and includes a comprehensive Lifestyle Health Risk Assessment (HRA) to take a real-time look at how your actual biometrics fit in with your current lifestyle. The HRA can be completed online immediately after your Biometric Screening, with your results already in the system.

\*NOTE: You must fast for 12 hours prior to testing.



## PERSONAL TRAINING \$15-35

Our certified personal trainers are available to help you achieve your wellness goals through one-on-one training. Whether you need help getting started, are trying to lose weight, improve your strength and flexibility or just want to spice up your current workout, our trainers will put together a program specifically for your goals and support you every step of the way.

### One Hour Sessions

\$35 (1-9 sessions)

\$29 (10+ sessions)

### Half Hour Sessions

\$20 (1-9 sessions)

\$15 (10+ sessions)

NOTE: Personal Training sessions expire one year from purchase date and are non-refundable and non-transferable.

## ADVANCED PERSONAL TRAINING \$50

For those needing highly specialized training, the Y offers one-on-one personal training designed to your unique training focus. Whether you are preparing for a marathon, recovering from surgery or mastering your fitness for a specific sport, our certified personal trainers can help you achieve your goals. Advanced Personal Training is offered in one hour sessions only.

## WELLNESS COACHING \$155; \$30

Maintaining healthy lifestyle choices and behaviors can be tough, and we all have different challenges, needs and goals. At the YMCA, our community is committed to helping you on your wellness journey. It's because of this commitment that we provide Wellness Coaching. We are here to help you create your own vision of healthy living through a partnership based on caring, listening and seeking to understand. Coaching sessions are offered in a one-time starter package (\$155) that includes a one hour initial session and three 30-minute follow-up sessions. Additional 30 minute sessions are available for \$30 per session.

**FIND OUT MORE OR SIGN UP  
FOR ANY SESSIONS AT THE  
FRONT DESK.**