



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Brent Ruiz, PhD

Brent Ruiz, Phd has been involved in Wellness and Performance Enhancement his entire professional career.

Dr. Ruiz works with primary care physicians in the community as a resource in the development of individualized Wellness plans to lessen the co-morbidity present in most overweight patients. Dr. Ruiz not only works with individuals but has developed and coordinated Wellness/Prevention programs for corporations and their employees in order to lessen healthcare costs and improve productivity. Dr. Ruiz also works with local athletes and coaches to improve athletic performance and lessen the chance of injury. Dr. Ruiz has worked with all ages and abilities from

youth to college and even professional athletes.

Click on a link below for more information about the programs offered by Dr. Ruiz.

[**HealthWise**](#)

[**LifeWise**](#)

[**PerformWise**](#)

Every *new member* at the Y will receive a Body Composition Analysis by Dr. Ruiz. This analysis includes a complete plan for personal improvement and will show your:

Metabolism Rate
Percent of Body Fat
Percent of Muscle
Hydration Level

Prescription includes:

Positive Eating Plan - PEP
Aerobic Activity Plan
Resistance Exercise Plan
Free Re-tests every month for one year
Wellness and Fitness Education

Ages 8 & older

Already a member and want to receive the Body Composition Analysis?

Stop at the front desk and set up a time, cost is \$30.

[click here for flyer](#)

Contact Information

Beatrice Mary Family YMCA, 1801 Scott Street, Beatrice NE 68310
Brent Ruiz, PhD
402-223-5266

Our Mission:

To put Christian principles into practice
through programs that build healthy spirit, mind and body for all.



Attention Members:

Brent Ruiz, PhD is offering all existing members a **Body Composition Analysis** that includes a complete plan for personal improvement.

Evaluation Includes: Metabolism Rate
Percent of Body Fat
Percent of Muscle
Hydration Level

Prescription Includes: Positive Eating Plan- PEP
Aerobic Activity Plan
Resistance Exercise Plan
Free Re-tests every month for a year
Wellness and Fitness Education



Ages- 8 and older

Cost- \$30.00 (Includes free re-tests for 1 year)

Name _____

Address _____

Phone _____

Email _____

For Office Use Only:
Date _____
Fee _____
Payment Method _____
Staff Name _____

Call 402-223-5266 (Y) or 402-806-2485 (Brent Ruiz) if you have questions or to schedule your evaluation.



Weight Management- **HealthWise™**

Lose 1-4 pounds per week

Achieving a healthy weight is the first step on the path to Optimal Health. The HealthWise™ program offers you a PhD level personal Health Coach who will guide you as you lose weight using clinically proven methods. Along the way, your Health Coach will share with you the "Habits of Health". These behavioral techniques will help you make better choices so you can finally take charge of your health for the long term. You receive daily feedback that includes guidance for exercising correctly, eating efficiently and dealing with the stresses of everyday life. All program components are professionally organized in a day-by-day prescription, providing a clear, intelligent approach to reaching personal goals.

Evaluation Includes: Metabolism Rate
Body Composition
Fitness Level

Prescription Includes: Positive Eating Plan- PEP
Aerobic Activity Plan
Resistance Exercise Plan
Re-test at 1 week intervals
Wellness Education

Ages- 8- any

Program Duration- 12 Weeks

Cost- Member-199.00
Non-Member- Youth \$249.00 / Young Adult \$279.00 / Adult \$299.00

Name _____

Address _____

Phone _____

Email _____

For Office Use Only:

Date _____

Fee _____

Payment Method _____

Staff Name _____

Call 402-223-5266 (Y) or 402-806-2485 (Dr. Ruiz) if you have questions or to schedule your first session.



One to One Training- LifeWise™

For individuals who desire personal supervision and accountability, Dr. Ruiz will meet with you on a scheduled one-on-one basis. Programs are available for all ages and fitness levels. Programs are designed to fit specific goals and needs and each personalized program is generated after a complete scientific evaluation of the client's current physical state.

With the guidance of a knowledgeable and experienced exercise physiologist, your wellness program will reduce the risk or improve conditions such as, high blood pressure, diabetes and heart disease. Regular exercise not only helps control weight; it also helps build and maintain healthy bones, joints and muscles as well as promoting psychological well-being. The concept of being "in shape" becomes synonymous with being "in good health."

The LifeWise™ program will provide you with an individualized plan tailored to meet your personal goals. Examples include:

- Weight loss and Maintenance
- Running Programs
- Balance Improvement
- Sport Specific Training
- General Fitness
- Back Care
- Return from Injury
- Other custom tailored programs

Ages- 8- any

Program Duration- Ongoing

Time- 30 min per session

Cost- Member per month: 1 x per week \$50.00 / 2 x per week \$100.00 / 3 x per week \$150.00

Non-Member per month:

Youth = 1 x per week \$69.00 / 2 x per week \$119.00 / 3 x per week \$169.00

Young Adult per month= 1 x per week \$79.00 / 2 x per week \$129.00 / 3 x per week \$179.00

Adult per month= 1 x per week \$89.00 / 2 x per week \$139.00 / 3 x per week \$189.00

Name _____

Address _____

Phone _____

Email _____

For Office Use Only:

Date _____

Fee _____

Payment Method _____

Staff Name _____

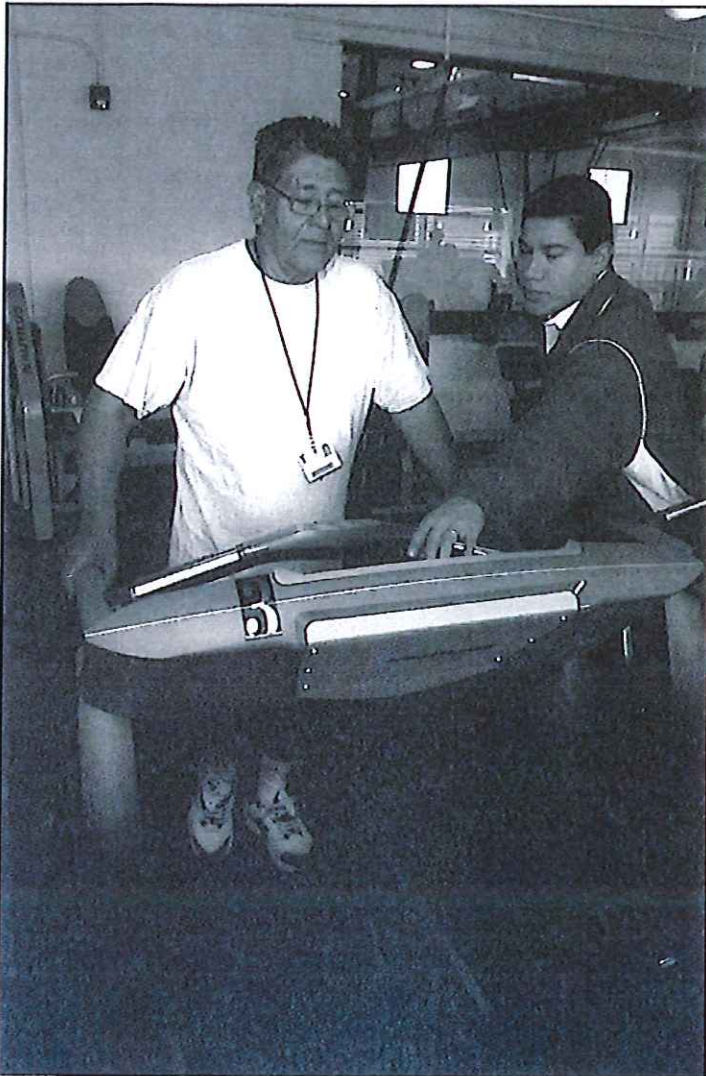
Call 402-223-5266 (Y) or 402-806-2485 (Brent Ruiz) if you have questions or to schedule your first session.



Fit Start

BEATRICE MARY FAMILY YMCA
1801 SCOTT STREET
BEATRICE, NE 68310
402.223.5266

Better Health Begins Today



The YMCA Fit Start program is a structured 12-week program designed to help YMCA members who are new to exercise, returning after a lengthy absence, unable to establish an exercise routine, or coming back from an injury or illness. You will meet with a personal fitness coach four times over a 12-week period. Your coach will monitor your progress and provide feedback on a weekly basis. Individual exercise sessions are done at your convenience. Here's how it works!

You will set up an initial appointment at the Service Center. You will be assigned a personal fitness coach and will meet with your coach four times over the course of the program.

1. Your first appointment will be a time for you to get to know and develop a relationship with your coach, identify your fitness goals, identify any barriers to reaching your fitness goals, discuss your present fitness level and have an orientation to the cardiovascular equipment.
2. Your second appointment will be used to review the first four weeks of your program, discuss any difficulties that you encountered, discuss strategies for overcoming those difficulties, and to add the first five pieces of strength equipment to your program.
3. The third appointment will be very similar to the second, including adding more pieces of strength equipment.
4. The final or closing appointment is when you celebrate your graduation from the program. You will review your entire program, answer questions, discuss how you would like to progress and plan for the future.

By the end of this 12-week program you will be feeling better and more energetic and will have learned to enjoy the process. We will work with you on a plan to keep exercise in your life.

Sign up today and a fitness coach will contact you for your first meeting. You'll be on your way to feeling better and successfully incorporating fitness into your life!

Cost : One time fee of \$14.00

FIT START

Participants Name: _____ Email Contact for Family _____

Home Address: _____ City: _____ State: _____ Zip: _____

Gender _____ Age Today: _____ DOB: _____ Phone: _____

How did you hear about YMCA Fit Start? Mail Friend Newspaper Radio

PARTICIPATION RELEASE

I release the Beatrice Mary Family YMCA, its coaches from all claims of injury which may be sustained by above child while participating in any YMCA-sponsored activity, whether caused by the negligence of the YMCA or otherwise. If medical attention is required, I give my permission for such medical care. I also agree to follow the Beatrice Mary Family YMCA sportsmanship standards and guidelines. By signing below, I give the YMCA permission to use photographs or videos of the above named participant for promotional materials.

Parent/Guardian Signature _____

Date _____

What is your availability? _____

For Office Use Only

Fee: _____

Date: _____ Amt Due: _____

Payment Method CC Check Cash

Staff Name: _____





Winter Athletic Performance Program

The Winter **Athlete Acceleration** program is designed to improve sport specific skill along with Speed, Power, Endurance, Strength and Agility. The program will also decrease the chance of injury in competition through development of improved body control and increased joint stability. There will be a limited number of appointments and athletes admitted to the program so please make your reservation as soon as possible. **The fee will cover the entire Winter season and also gives the athlete access to the YMCA 7 days a week.** The sessions will be held before school, after school, on "out days" and on Saturday to best accommodate busy school schedules.

Winter Session November 18th – February 15th

Workout times:

7:00am-10:00am Mon-Fri

2:00pm-8:00pm Mon-Thurs.

9:00am-Noon Sat.

2013 Summer Average Results:

- .37 second decrease in 10yd Time
- 3.81 increase in Vertical Jump
- 2.2 inch Increase in Lower Body Flexibility
- 33 lb gain in Lower Body Strength
- 8 lb increase in Lean Muscle Mass
- 11 lb decrease in Body Fat

Ages- 8 and older

Program Duration- 12 Weeks

Time- 30 min per session plus off day workouts

Cost:

2 Sessions Per Week Member- \$199.00 All Ages

2 Sessions Per Week Non-Member-Youth \$239.00/ Young Adult \$279.00/ Adult \$299.00

1 Session Per Week Member- \$99.00 All Ages

1 Session Per Week Non-Member-Youth \$149.00/ Young Adult \$179.00/ Adult \$199.00

Name _____

Address _____

For Office Use Only:
Date _____
Fee _____
Payment Method _____



MEMBERSHIP RATES 2014

BEATRICE MARY FAMILY YMCA
1801 SCOTT STREET
BEATRICE, NE 68310
402.223.5266
www.beatriceymca.org

Revised April 17, 2014

BUILDING FUND FEE:

There is a building fund fee which includes a Body Composition Analysis that is a one-time \$60 tax-deductible fee each new membership must pay, except for youth memberships. Those renewing their full-facility membership will not have to pay this fee again provided the membership is not allowed to expire over 30 days. In the event that a membership is not renewed, the individual of the family would once again have to pay the building fee.

MEMBERSHIP RATES (Minimum 1 year commitment)

Membership Category***	Monthly	Annual
Youth (Ages 0-17)	\$12.00	\$144.00
Young Adult (Ages 18-22)	\$24.00	\$288.00
Adult (Ages 23-61)	\$36.00	\$432.00
Household Family	\$52.75	\$633.00
Single Parent Family	\$41.50	\$498.00
Senior Adult (62 & Older)	\$32.25	\$387.00
Senior Couple	\$46.50	\$558.00

***Refer to back page for Member Definitions

DAILY RATES

Youth (0-17)	\$ 4.00
Young Adult (18-22)	\$ 7.00
Adult (23 & over)	\$10.00
Household Family	\$18.50

Guest has access to all facilities and classes normally open to Y members including Wellness Center, Basketball Courts, Swimming Pool and more.

HOURS (hour are subject to change without notice)

Labor Day to Memorial Day Hours

Monday-Thursday	5:00am-10:00pm
Friday	5:00am-8:00pm
Saturday	7:00am-6:00pm
Sunday	1:00pm-6:00pm

Pool Hours (Refer to Pool Schedule for Open Swim Times)

Monday-Thursday	5:30am-9:00pm
Friday	5:30am-7:00pm
Saturday	7:30am-11:00 & 1:00pm-4:00pm
Sunday	1:30pm-4:00pm

Memorial Day to Labor Day Hours

Monday-Thursday	5:00am-9:00pm
Friday	5:00am-8:00pm
Saturday	7:00am-4:00pm
Sunday	1:00pm-4:00pm

Pool Hours (Refer to Pool Schedule for Open Swim Times)

Monday-Thursday	5:30am-8:00pm
Friday	5:30am-7:00pm
Saturday	7:30am-11:00 & 1:00pm-3:00pm
Sunday	1:30pm-3:00pm

YMCA Closed on Easter, Sunday before Memorial Day, Memorial Day, Independence Day, Sunday before Labor Day, Labor Day, Christmas Day.

Hours Limited on New Years Day, Thanksgiving Day and Christmas Eve.

CORPORATE MEMBERSHIP RATES (minimum 1 year commitment)

Membership Category***	Monthly	Annual
Youth (Ages 0-17)	\$11.00	\$132.00
Young Adult (Ages 18-22)	\$21.50	\$258.00
Adult (Ages 23-61)	\$32.25	\$387.00
Household Family	\$47.75	\$573.00
Single Parent Family	\$37.50	\$450.00

BENEFITS

Why the Y? Here are just a few benefits you will receive as a Y member:

Convenience

Access to the YMCA location and use of the AWAY program when traveling.

Value

Including family activities, state-of-the-art fitness facilities and free admission for guest. (See back for details)

Savings

Discounts on classes, sports leagues and childcare.

Variety

Over 30 free group exercise classes per week geared to all fitness levels.

Support

Brent Ruiz, PhD is offers a Body Composition Analysis that includes a complete plan for personal improvement. Evaluation includes metabolism rate, body fat percentage, percent of muscle and hydration level. Cost of \$30.00 for current members.

DISCOVERY ZONE

Discovery Zone care is for children ages 1-7. Infants six months to one year may be accepted at the discretions of the Discovery Zone Staff.

Prices:

Trial One Time	\$3.00/hr/child
15 Hour Punch Card	\$30.00
30 Hour Punch Care	\$52.50
Monthly (one child)	\$12 (bank draft only)
Monthly Family	\$18 (bank draft only)

Hours

Monday	8:30am-11:30am / 4:30pm-8:00pm
Tuesday	8:15am-11:30am / 4:30pm-8:15pm
Wednesday	8:30am-11:30am / 3:30pm-8:00pm
Thursday	8:15am-11:30am / 4:30pm-8:15pm
Friday	8:30am-11:30am / 4:00pm-5:30pm
Saturday	8:30am-11:00am

Parents/guardians must remain in the YMCA facility while the child is in the Discovery Zone.



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GROUP EXERCISE SCHEDULE

Beatrice Mary Family YMCA 1801 Scott, Beatrice, Ne www.beatricymca.org

**Group Exercise
Schedule
Summer 2014**

Where to find our
classes
AR-Aerobics Room
P-Pool
CC-Upstairs in Child
Care Area
G-Gym

All classes are ongoing
and are open to
members ages 12 and
up... join any time
Call first to ensure
classes will be held
Classes may be
cancelled at times may
change due to low
attendance.
Please refer to
schedules regularly.

To attend spin classes,
please sign up at the
front desk to reserve a
bike. May call 24
hours ahead for a
reservation.

Discovery Zone Hours
Morning Hours
Mon/Wed/Fri 8:30-
11:30am
Tues/Thurs 8:15-
11:30am
Sat 8:30-11:30 am
Afternoon/Evening
Hours
Mon/Tues/Thurs 4:30-
7:30pm
Wed 3:30-7:30pm

Updated 06/09/2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:15am Spin – AR With Megan Spilker		5:30-6:15am Spin – AR With Megan Spilker		5:30-6:15am Spin – AR With Deb Sanne	
8-8:45am Aquacise – P With Sharon Bellamy	8-8:45am Aquacise – P With Denise Larsen	8-8:45am Aquacise – P With Sharon Bellamy	8-8:45am Aquacise-P With Denise Larsen	8-8:45am Aquacise – P With Sharon Bellamy	
8:30-9:30am Step Aerobics- AR With Lorri Fossler	8:15-9:00am Spin With Geana	8:30-9:30am Step Aerobics- AR With Lorri Fossler	8:15-9:00am Spin With Geana	8:30-9:30am Step Aerobics-AR With Lorri Fossler	
9-9:45am Arthritic Aquacise- P With Denise Larsen	9-9:45am Arthritic Aquacise- P With Denise Larsen	9-9:45am Arthritic Aquacise- P With Denise Larsen	9-9:45am Arthritic Aquacise-P With Denise Larsen	9-9:45am Arthritic Aquacise- P With Denise Larsen	9-9:45am Kettlebell- AR With Jaci Baxa
10:15-11am Silver Sneakers- AR With Denise Larsen	12-12:30pm INSANITY With Joyce Miller AR	10:15-11am Silver Sneakers -AR with Denise Larsen	4:45-5:45 Aquacise-P With Pat Sunderland	10:15- 11am Silver Sneakers - AR with Denise Larsen	10-11 am Zumba with Erika Martin
12-12:30pm INSANITY With Joyce Miller AR	4:45-5:45pm Aquacise-P With Pat Sunderland	12-1pm Noon Spin-AR With Angie Jurgens	5-6pm INSANITY- With Joyce Miller AR		
4:30-5:15pm Stability Ball- AR With Geana Blythe	6-7pm Yoga –CC With Leigh Freeman	3:30-4:15pm Spin-AR With Geana Blythe	6-7pm Yoga –CC With Leigh Freeman		
5:30-6:15pm Spin – AR With Geana Blythe	6:30-7:15pm Kettle bell – AR W/ Jaci Baxa	4:30-5:15pm Stability Ball-AR With Geana Blythe	6:00-7:00 Circuit with Katie		
		5:15-6pm INSANITY w/Joyce Miller AR			
		6:00-6:45 pm Spin- AR With Alison Leonard			
		7:00-8:00 pm Zumba with Erika Martin			

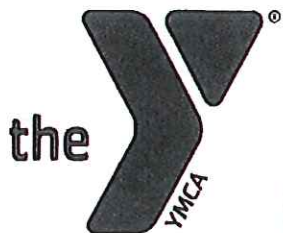


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POOL SCHEDULE

BEATRICE MARY FAMILY YMCA

Pool Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Spring 2014 Schedule Begins Monday, March 3 and is subject to change. Multiple activities are often scheduled in this pool at the same time.</p> <p>Lap Swimming Tips: To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull bouys, etc. before entering the pool. Directions If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.</p> <p>Hot Tub Located on the pool deck is for persons 18 years and older</p> <p>100 Mile Swim Club Ask about our 100 Mile Swim Club</p>	5:30-8:00am Adult Lap Swim (all lanes)	5:30-8:00am Adult Lap Swim (all lanes)	5:30-8:00am Adult Lap Swim (all lanes)	5:30-8:00am Adult Lap Swim (all lanes)	5:30-8:00am Adult Lap Swim (all lanes)	7:30-8am Adult Lap Swim (all lanes)	
	8-9am Aquacise	8-9am Aquacise	8-9am Aquacise	8-9am Aquacise	8-9am Aquacise	8-11am Adult Lap Swim & Open Swim	
	9-10am Arthritic Aquacise	9-10am Arthritic Aquacise	9-10am Arthritic Aquacise	9-10am Arthritic Aquacise	9-10am Arthritic Aquacise	Swim 9-10am Swim Lessons	
	10am-12pm Adult Lap Swim	10am-12pm Adult Lap Swim	10am-12pm Adult Lap Swim	10am-12pm Adult Lap Swim	10am-12pm Adult Lap Swim 10:15 - 1100am Preschool swim	10-10:25 Swim Lesson POOL CLOSES AT 11am	
	12-2pm Adult Lap Swim	12-2pm Adult Lap Swim	12-2pm Adult Lap Swim	12-2pm Adult Lap Swim	12-2pm Adult Lap Swim 1-1:45 pm Preschool swim	1-3pm Adult Lap swim & Open swim	1:30-3 Adult Lap Swim & Open Swim
	2-4pm Adult Lap Swim	2-4pm Adult Lap Swim	2-4pm Adult Lap Swim 3-4pm Before and After School Swim	2-4pm Adult Lap Swim	2-4pm Adult Lap Swim		
	4-5:30pm Adult Lap Swim & Open Swim and Y Swim Team ½ of pool	4-5:30pm Adult Lap Swim 4:45-5:45pm Aquacise 5-5:40 pm Swim Lessons	4-5:30pm Adult Lap Swim & Open Swim 4:30 pm- 6 pm Y Swim Team ½ of pool	4-5:30pm Open Swim and Y Swim Team ½ pool 4:45-5:45pm Aquacise 5-5:40 pm Swim Lessons	4-5:30pm Adult Lap Swim	POOL CLOSES AT 4 pm	POOL CLOSES AT 4 pm
	5:30-6:30pm Swim Lessons	5:45- 6:45 pm Y Swim Team ½ of pool	4:30 pm- 6 pm Y Swim Team ½ of pool 5:30 - 6:45pm Adult Lap Swim	5:45- 6:45 pm Adult Lap swim	5:30-6:45pm Adult Lap Swim		
	7:30 -8pm Adult Lap Swim & Open Swim	6:45-8pm Adult Lap Swim & Open Swim	6:45 -7:25pm Swim Lessons 6:45-8:00pm Adult Lap Swim & Open Swim	6:45-8pm Adult Lap Swim & Open Swim	6:45-7pm Adult Lap Swim & Open Swim POOL CLOSES AT 7PM		
	8-9PM Adult Lap Swim & Open Swim Closes at 9 pm	8-9PM Adult Lap Swim & Open Swim Closes at 9 pm	8-9PM Adult Lap Swim & Open Swim Closes at 9 pm	8-9PM Adult Lap Swim & Open Swim Closes at 9 pm	8-9PM Adult Lap Swim & Open Swim Closes at 9 pm	POOL CLOSES AT 7PM	



1 MILE FUN RUN/WALK; 1 MILE FAMILY WALK; 5K

the COLOR RUN

Welcome to the Y's Grand Prix Series of Races!

The Y will be holding 4 runs throughout the year; one in each season. Finisher's medals will be awarded for all participants of each race; those that complete all four races in the series will receive a t-shirt. The first race will be held on August 2nd and is guaranteed to color your world!

Look for these upcoming runs: Dracula Dash (October), Reindeer Run (December) and a Glow Run (May).

DATE: August 2, 2014

Deadline: 9 am day of the race

TIME: Race will begin promptly at 10 am

WHERE:

Chatauqua Park
Tabernacle

FEE: 1-mile walk/run \$10;
Family 1-mile walk \$15;
5k \$20 per person



2014 Color Run Registration Form

Name _____ Email _____

Phone _____ Address _____ City _____ State _____ Zip _____

Choose one: 1-mile run/walk (\$10) 1-mile family walk (\$15) 5k (\$20)

Waiver Must Be Read and Signed Before Running:

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Beatrice Family YMCA, all sponsors, their representatives and successors from all claims of liabilities of any kind, including any claims arising out of negligence of the aforementioned parties, arising out of my participation in the event. I grant permission to all the foregoing to use any photographs, motion pictures, recording or any other record of this event for any legitimate purpose.

Signature _____ Signature of Parent/Guardian (if under 18) _____

For office use only

Receipt # _____ Date ____/____/____ Amt _____

By _____

www.beatriceymca.org
Youth Sports Coordinator Jennifer Elliott
(jelliott34@hotmail.com)