



GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYPUMP™ (Crystal) 5:30-6:30am AS	Insanity (Crystal) 5:30-6:15am AS	H.I.I.T.(Dorine) 5:30-6:15am AS	Insanity (Crystal) 5:30-6:15am AS	BODYPUMP™ (Crystal) 5:30-6:30am AS	Ultimate Combo (Pam) 7:15-8:15am AS
					Yoga (Anita) 7:15-8:00am CB FF
	Group Cycle (Jim) 5:30-6:15 am CS		Group Cycle (Jim) 5:30-6:15 am CS	Aqua Boot Camp (Kathy) 8:00-9:00am P	Aqua Boot Camp (Kathy) 7:30-8:30am P
Chair Pilates (Crystal) 7:45-8:30am AS	Active Older Adults Cardio/Strength (Kathy) 8:00-8:45am AS	Chair Pilates (Crystal) 7:45-8:30am AS	Active Older Adults Cardio/Strength (Kathy) 8:00-8:45am AS	Chair Pilates (Crystal) 7:45-8:30 AS	Circuit (Dorine) 7:45-8:30am G
	Aqua Boot Camp (Candace) 8-8:45am P	Deep Water Workout (Charlene) 8:00-9:00am P	Aqua Boot Camp (Candace) 8-8:45am P		Group Cycle (Jim) 8:00-8:45am CS
		Aqua Zumba® (Nilah) 9:00-10:00am P		Group Cycle (Macy) 8:15-9:00am CS	BODYPUMP™ (Sara) 8:35-9:35am AS
Aqua Zumba® (Nilah) 9:00-10:00am	Aquacise (Candace) 9:00-10:00am P	H.I.I.T. (Courtney) 9:15-10:00am AS	Aquacise (Candace) 9:00-10:00am P	Aqua Zumba® (Yolanda) 9:00-9:45am P FF	Group Cycle (Ashley) 9:00-9:45am CS
Turbo Kick (Jamie) 9:15-10:05am AS FF	BODYPUMP™ (Shelly) 9:15-10:15am AS	Group Cycle (Macy) 9:15-10:00am CS	BODYPUMP™ (Jen) 9:15-10:15am AS	H.I.I.T. (Lora) 9:15-10:00am AS	Zumba® (Stacey/JoAnn) 9:45-10:30am AS FF
					Pound (Beth) 10:45-11:30am AS FF
Group Cycle (Courtney) 9:15-10:00am CS	Group Cycle (Courtney) 9:15-10:00am CS	Core Conditioning (Courtney) 10:05-10:35am AS FF	Group Cycle (Macy) 9:15-10:00am CS	Group Cycle (Courtney) 9:15-10:00am CS	SUNDAY
Barre Fusion (Jamie) 10:15-11:00am AS FF	Pilates (Crystal) 10:15-11:00pm CB FF	Yoga (Anita) 10:45-11:30am AS FF	Pilates (Holly) 10:20-11:05am AS FF	Yoga (Tonya) 10:15-11:00am AS FF	Circuit (Henry) 10:05-10:50am G
	Zumba Gold® (Kathy) 10:20-11:05am AS	SilverSneakers Yoga® (Jennifer) 11:45-12:30pm AS			Group Cycle (Bill) 11:00-11:45am CS
Group Cycle (Macy) 4:30-5:15pm CS		Tai Chi (John) 11:15-12:00pm CB FF			BODYPUMP™ (Teri/Chris) 1:00-2:00pm AS
BODYPUMP™ (Erin) 4:30-5:30pm AS	SilverSneakers® (Kathy) 11:15-12:00pm AS		SilverSneakers® (Kathy) 11:15-12:00pm AS		Yoga (Lisa) 4:00-5:00pm AS FF
	BODYPUMP (Erica) 4:30-5:30pm AS	Pound (Erica) 4:30-5:30pm AS FF	BODYPUMP™ (Erin) 4:30-5:30pm AS		MixedFit® JoAnn/Stacey 5:05-5:50pm AS
BODYPUMP™ (Sara) 5:45-6:45pm AS		Aqua Zumba® (Yolanda) 5:40-6:30pm P	Group Cycle (Hilary) 4:30-5:15pm CS		
Deep Water Workout (Emily) 6:45-7:30pm P	H.I.I.T. Express (Courtney) 5:40-6:10pm AS	BODYPUMP™ (Sara) 5:45-6:45pm AS	H.I.I.T. Express (Sara) 5:40-6:10pm AS		
Core Conditioning (Sara) 6:55-7:25pm AS FF	Zumba® (Dawn) 6:15-7:00pm AS FF	Deep Water Workout (Emily) 6:45-7:30pm P	Zumba® (Dawn) 6:15-7:15pm AS FF		
Yoga (Lisa) 7:15-8:00pm CB FF	Group Cycle (Courtney) 6:30-7:15pm CS	Yoga (Lisa) 7:15-8:00pm CB FF	Group Cycle (Kylie) 6:30-7:15pm CS		
Zumba (Dawn) 7:30-8:30pm AS FF	BODYPUMP™ (Chris) 7:30-8:30pm AS	MixedFit® (JoAnn/Stacey) 7:15-8:15pm AS	BODYPUMP™ (Stefanie/Chris) 7:30-8:30pm AS		

January 7th- June 1st
Armbrust Family YMCA
 5404 S. 168th St.
 Omaha, NE 68135
 402-896-4200

[AS = Aerobic Studio] [CS = Cycle Studio] [CB = Community Room B] [P = Pool] [G = Big Gym] [FF = Family Friendly]

CLASS DESCRIPTIONS

CARDIO

Group Cycle is an aerobic/anaerobic workout on a stationary bike designed for all fitness levels.

*Bikes can be reserved at the welcome center the day before scheduled class.

Insanity® -is a challenging, cardio conditioning, and total-body strength drills, designed for people of all levels.

Zumba® Fitness uses exotic rhythms set to high-energy Latin and international beats.

Zumba Gold® – It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

Mixedfit® is a dance fitness program that is a mix of explosive dancing and bootcamp toning.

Pound® is a cardio interval training with drumming to provide a challenging, heart-pumping workout.

STRENGTH

BODYPUMP™ is the original LES MILLS™ barbell class that will sculpt, tone and strengthen your entire body.

Circuit is an interval class that will target all of the major muscle groups and include bursts of cardio.

Core conditioning focuses on the torso and core muscles that connect your upper body to your lower body.

COMBO

Active Older Adults Cardio/Strength is a low impact aerobics, resistance training and light weights for strength and stability.

(H.I.I.T) High Intensity Interval Training is a high intensity interval class geared men and women looking to challenge their fitness stamina.

SilverSneakers® Muscular Strength & Range of Movement (MSROM) includes a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

Ultimate Combo combines all your favorites: Step, Hi/lo, and Body Sculpting using a variety of creative choreography. This ultimate workout is for all fitness

Turbo Kick is a combination of Dance and Kickboxing moves; Cardio aerobic activity; put together to heart pounding high energy music.

Mind/Body

Chair Pilates is a chair based Pilates class that is designed to help with balance, core strength, and flexibility.

Pilates works on the body's core, the center of our "powerhouse" (hips to shoulders). A strong core relates to a healthy low back, better posture and more functional movement patterns.

Tai Chi is a movement class that benefits health and promotes stress management, posture, and balance.

Yoga is inspiring, energizing and calming. Breathing and relaxation exercise techniques form a complete mind and body workout.

Barre Fusion athletic blend of Barre, Pilates, Yoga, and so much more. It includes modifications for the group exercise environment, yet offers exercise progressions to challenge to all levels of participants.

AQUA

Aquacise Low-impact aerobic workout that increases muscular tone, flexibility, and cardiovascular endurance.

Aqua Boot Camp Cardio and Strength workout that combines high intensity drills using both shallow and deep water workouts.

Aqua Zumba Uses dance and fitness moves to the background of fun, upbeat music.

Deep Water Workout Uses water belts to create a high intensity workout with no impact.

FF A family friendly class is one that is appropriate for ages 10+ who have completed Youth Fitness Training and are accompanied by an adult. These classes are a cardio or low impact class with minimal equipment needs.