



# 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) 7:15-8:15am CB FF
	Group Cycle (Jim) 5:30-6:15 am CS		Group Cycle (Jim) 5:30-6:15 am CS	Aqua Boot Camp (Charlene) 8:00-9:00am P	Aqua Boot Camp (Charlene) 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 (Jennifer) 8:00-8:45am P	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 (Courtney) 8:15-9:00am CS	Group Cycle (Jim) 8:00-8:45am CS
		Aqua Zumba® (Nilah) 9:00-10:00am P		Core Conditioning (Shelly) 8:40-9:10am AS FF	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 (Hilary) 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 (Dorine) 9:15-10:00am CS	Group Cycle (Courtney) 9:15-10:00am CS	<b>SUNDAY</b>
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 (Tasha) 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		DanceFit 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	<p><b>January 7th- June 1st</b>  <b>Armbrust Family YMCA</b>            5404 S. 168<sup>th</sup> St.            Omaha, NE 68135            402-896-4200</p>	
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 (Sarah) 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	DanceFit (Dawn W.) 7:15-8:15pm AS	BODYPUMP™ (Stefanie/Chris) 7:30-8:30pm AS		

[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.

**DanceFit** is a dance fitness program that is a mix of 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.