



# GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYPUMP® (Crystal) 5:30-6:30am AS	Insanity (Crystal) 5:30-6:15am AS	Circuit (Dorine) 5:30-6:15am AS	Insanity (Crystal) 5:30-6:15am AS	BODYPUMP® (Crystal) 5:30-6:30am AS	Insanity (Crystal) 7:15-8:15am AS
		PiYo (Crystal) 5:30-6:15am CB			Yoga (Anita) 7:15-8:15am CB FF
	Cycling (Jim) 5:30-6:15 am CS		Cycling (Jim) 5:30-6:15 am CS	Aqua Boot (Jennifer) 8:00-9:00am P	Aqua Boot (Jennifer) 7:30-8:30am P
Strength & Stretch (Jennifer) 7:00-7:45am AS	Low Impact Cardio/Strength (Kathy) 8:00-8:45am AS	Strength & Stretch (Jennifer) 7:00-7:45am AS	Low Impact Cardio/Strength (Kathy) 8:00-8:45am AS	Strength & Stretch (Jennifer) 7:00-7:45am AS	Circuit (Dorine) 7:45-8:30am G
Aqua Boot (Jennifer) 8:00-8:45am P	Aqua Boot (Candace) 8-8:45am P	Deep Water (Charlene) 8:00-9:00am P	Aqua Boot (Candace) 8-8:45am P		BODYPUMP® (Sara) 8:35-9:35am AS
Aqua Zumba® (Nilah) 9:15-10:00am P FF		Aqua Zumba® (Nilah) 9:15-10:00am P FF		Core and More (Shelly) 8:40-9:10am AS FF	Cycling (Ashley) 9:00-9:45am CS
	Aquacise (Candace) 9:00-10:00am P	Circuit (Courtney) 9:15-10:00am AS	Aquacise (Candace) 9:00-10:00am P	Aqua Zumba® (Yolanda) 9:00-9:45am P FF	Zumba® (Stacey/JoAnn) 9:45-10:30am AS FF
Turbo Kick (Jamie) 9:15-10:05am AS FF	BODYPUMP® (Shelly) 9:15-10:15am AS	Cycling (Hilary) 9:15-10:00am CS	BODYPUMP® (Jen) 9:15-10:15am AS	Circuit (Lora) 9:15-10:00am AS	Pound (Beth) 10:45-11:30am AS FF
		Core and More (Courtney) 10:05-10:35am AS FF			<b>SUNDAY</b>
Cycling (Courtney) 9:15-10:00am CS	Cycling (Courtney) 9:15-10:00am CS	DanceFit (Karin) 10:45-11:30am AS FF	Cycling (Dorine) 9:15-10:00am CS	Cycling (Courtney) 9:15-10:00am CS	Circuit (Henry) 10:05-10:50am G
Barre Fusion (Jamie) 10:15-11:00am AS FF		Yoga (Anita) 10:45-11:30am CB FF	Pilates (Holly) 10:20-11:05am AS FF	Yoga (Tonya) 10:15-11:00am AS FF	PiYo (Crystal) 11:00-11:45am AS
	Cardio Intensity (Shelly) 10:20-10:50am AS	Chair Yoga (Jennifer) 11:45-12:30pm AS		Chair Yoga (Jennifer) 11:45-12:30pm AS	Cycling (Bill) 11:00-11:45am CS
Cycling (Tasha) 4:30-5:15pm CS		Tai Chi (John) 11:45-12:30pm CB FF			BODYPUMP® (Chris) 1:00-2:00pm AS
BODYPUMP® (Erin) 4:30-5:30pm AS	SilverSneakers® (Kathy) 11:15-12:00pm AS	POUND® (Erica) 4:30-5:30pm AS FF	SilverSneakers® (Kathy) 11:15-12:00pm AS		Yoga (Lisa) 4:00-5:00pm AS FF
BODYPUMP® (Sara) 5:45-6:45pm AS	BODYPUMP® (Erica) 4:30-5:30pm AS	Express Cycling (Tasha) 4:30-5:00pm CS	BODYPUMP® (Erin) 4:30-5:30pm AS		DanceFit (JoAnn/Stacey) 5:05-5:50pm AS
Deep Water (Emily) 6:45-7:30pm P		BODYPUMP® (Sara) 5:45-6:45pm AS	Cycling (Hilary) 4:30-5:15pm CS	<b>September 5<sup>th</sup>-December 31<sup>st</sup> 2017</b> <b>Armbrust Family YMCA</b> 5404 S. 168 <sup>th</sup> St. Omaha, NE 68135 402-896-4200	
Core and More (Sara) 6:55-7:25pm AS FF	HIIT (Courtney) 5:40-6:10pm AS	Deep Water (Emily) 6:45-7:30pm P	HIIT (Sara) 5:40-6:10pm AS		
Yoga (Lisa) 7:15-8:00pm CB FF	Zumba® (Takako) 6:15-7:00pm AS FF	Yoga (Renee) 7:15-8:00pm CB FF	DanceFit (Sammie) 6:15-7:15pm AS FF		
DanceFit (Dawn W.) 7:30-8:30pm AS FF	Cycling (Courtney) 6:30-7:15pm CS	DanceFit (Dawn W.) 7:15-8:15pm AS	Cycling (Kylie) 6:30-7:15pm CS		
Aqua Boot (Charlene) 7:45-8:30pm P	BODYPUMP® (Chris) 7:30-8:30pm AS	Aqua Boot (Charlene) 7:45-8:30pm P	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

**Cycling** improve your cardiovascular fitness in this high-energy class. Class can consist of interval work, hill climbs, flat road drills, along with other terrain. All fitness levels welcome. Bring a towel and a water bottle.

\*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®** mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Much of the music used in this class is Latin-rhythm inspired.

**danceFit** uses easy to learn dance combinations set to fun music allowing participants to get a great workout.

**POUND®** class instructs participants to use drumsticks to create a fun, energizing workout that combines cardio conditioning, body-weight strength training, with yoga and pilates-inspired movements. You will sweat, squat, and pound your way through this energetic class.

**Cardio Intensity** a cardio class focused class that will provide you the opportunity to increase your heart rate and burn calories. Athletic cardio moves that can be modified to any fitness level.

## STRENGTH

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

**Circuit** Cardio Strength Circuit combines upper and lower body strength moves with cardiovascular work to keep your heart rate up. This fun, challenging class is designed for all fitness levels.

**Core and More** Focus on core strengthening exercises for abdominal and back muscles to improve posture and assist with improved functioning for a healthy lifestyle.

## COMBO

**(H.I.I.T) High Intensity Interval Training** has participants working through challenging cardio intervals while actively recovering with strength moves.

**SilverSneakers® Classic**-Move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing and SilverSneakers balls are offered for resistance. A chair is used for support.

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

**"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.

## MIND/BODY

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

**Pilates** is a conditioning fitness class that focuses on body alignment and breathing. The exercises cover all core powerhouse muscle groups: abdominals, lower back, shoulders, thighs and gluteals.

**Tai Chi** generates and circulates vital energy around the body by following certain principles of movement, posture and breathing. It improves the circulation of blood and brings about a balance of "chi" (vital energy) around the body. Tai Chi opens joints, relaxes muscles, flexes tendons and ligaments, eases tension, strengthens and energizes the organs, resulting in a healthier body and a stage of relaxation.

**Yoga** In this class the instructor will skillfully and gently guide participants through yoga postures for improved strength, balance and flexibility. Learn how to develop and control breathing through a series of flowing movements designed to strengthen and lengthen the muscles, developing a mind-body connection.

**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.

**PIYO ®** a unique class designed to build strength and gain flexibility. A choreographed program that combines the elements of Yoga and Pilates with energy, power and rhythm. Appropriate for all fitness levels.

## AQUA

**Aquacise** This low-impact class emphasizes cardiovascular fitness, muscle endurance, and flexibility at a moderate level. Participants need to be comfortable in the water but will not be working in the deep end.

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

**Aqua Zumba®** blends the fun of a Zumba® class with the low-impact environment of the water to create a fun, high-energy class.

**Deep Water** This moderate to high intensity aerobic workout takes place in the deep end of the pool. Participants should be comfortable in deep water. Flotation belts or noodles will be used.