



GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYPUMP® (Crystal) 5:30-6:30am AS	Insanity (Crystal) 5:30-6:15am AS	Circuit (Emily) 5:30-6:15am AS	Insanity (Crystal) 5:30-6:15am AS	BODYPUMP® (Crystal) 5:30-6:30am 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 Workout (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® (Nilah) 9:30-9:45am 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			SUNDAY
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	September 5th-December 31st 2017 Armbrust Family YMCA 5404 S. 168 th 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	Cycling (Kylie) 5:45-6:30pm CS		
DanceFit (Dawn W.) 7:30-8:30pm AS FF	Cycling (Courtney) 6:30-7:15pm CS	DanceFit (Dawn W.) 7:15-8:15pm AS	DanceFit (Sammie) 6:15-7:15pm AS		
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® a mix of low-intensity and high-intensity moves for an interval-style, calorie-burning, dance fitness party.

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.

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

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

COMBO

(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® 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.

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.

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 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.