



# GROUP EXERCISE SCHEDULE

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