



# 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	Yoga (Anita) 7:15-8:15am CB FF
		PiYo (Crystal) 5:30-6:15am CB	<b>Pilates (Holly)</b> 6:00-6:45am CB		Aqua Boot (Jennifer) 7:30-8:30am P
	Cycling (Jim) 5:30-6:15 am CS		Cycling (Jim) 5:30-6:15 am CS	Aqua Boot (Jennifer) 8:00-9:00am P	Circuit (Dorine) 7:45-8:30am G
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	BODYPUMP@ (Sara) 8:35-9:35am AS
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		Cycling (Ashley) 9:00-9:45am CS
Aqua Zumba@ (Nilah) 9:00-9:45am P FF		Aqua Zumba@ (Nilah) 9:00-9:45am P FF		Core and More (Shelly) 8:40-9:10am AS FF	Zumba@ (Stacey/JoAnn) 9:45-10:30am AS FF
	Aquacise (Candace) 9:00-10:00am P	Circuit (Courtney) 9:15-10:00am AS	Aquacise (Candace) 9:00-10:00am P	Aqua Zumba@ (Nilah) 9:00-9:45am P FF	Pound (Beth/Heather) 10:45-11:30am 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	<b>SUNDAY</b>
Cycling (Courtney) 9:15-10:00am CS		Core and More (Courtney) 10:05-10:35am AS FF		Cycling (Courtney) 9:15-10:00am CS	Circuit (Henry) 10:05-10:50am G
Barre Fusion (Jamie) 10:15-11:00am AS FF	Cycling (Courtney) 9:15-10:00am CS	DanceFit (Karin) 10:45-11:30am AS FF	Cycling (Dorine) 9:15-10:00am CS	<b>STRONG by Zumba @ (Sammie)</b> 10:15-11:15am AS	PiYo (Crystal) 11:00-11:45am AS
		Yoga (Anita) 10:45-11:30am CB FF	Pilates (Tonya) 10:20-11:05am AS FF	Yoga (Tonya) 10:15-11:00am CB FF	Cycling (Bill) 11:00-11:45am CS
Cycling (Tasha) 4:30-5:15pm CS	Cardio Intensity (Shelly) 10:20-10:50am AS	Chair Yoga (Jennifer) 11:45-12:30pm AS	SilverSneakers @ (Kathy) 11:15-12:00pm AS	Chair Yoga (Jennifer) 11:45-12:30pm AS	BODYPUMP@ (Chris) 1:00-2:00pm AS
BODYPUMP@ (Erin) 4:30-5:30pm AS	SilverSneakers @ (Kathy) 11:15-12:00pm AS	Tai Chi (John) 11:45-12:30pm CB FF			<b>STRONG by Zumba @ (Nilah)</b> 4-4:45pm AS
BODYPUMP@ (Sara) 5:45-6:45pm AS		<b>STRONG by Zumba @ (Kara)</b> 4:30-5:30pm AS FF	BODYPUMP@ (Erin) 4:30-5:30pm AS		Yoga (Tonya) 4:00-5:00pm CB FF
<b>Express Cycle (Kylie)</b> 5:30-6:00pm CS	BODYPUMP (Erica) 4:30-5:30pm AS	Express Cycling (Tasha) 4:30-5:00pm CS	Cycling (Hilary) 4:30-5:15pm CS		DanceFit (JoAnn/Stacey) 5:05-5:50pm AS
Deep Water (Emily) 6:45-7:30pm P		BODYPUMP@ (Sara) 5:45-6:45pm AS		<p align="center"><b>January 2<sup>nd</sup>-May 30<sup>th</sup> 2018</b>  <b>Armbrust Family YMCA</b>            5404 S. 168<sup>th</sup> St.            Omaha, NE 68135            402-896-4200</p>	
Core and More (Sara) 6:55-7:25pm AS FF	HIIT (Crystal) 5:40-6:10pm AS	Deep Water (Emily) 6:45-7:30pm P			
Yoga (Lisa) 7:15-8:00pm CB FF	Zumba@ (Takako) 6:15-7:15pm AS FF	Yoga (Renee) 7:15-8:00pm CB FF	HIIT (Tonya) 5:40-6:10pm AS		
DanceFit (Dawn W.) 7:30-8:30pm AS FF	Cycling (Kylie) 6:30-7:15pm CS	DanceFit (Dawn W.) 7:15-8:15pm AS	DanceFit (Sammie) 6:15-7:15pm AS		
Aqua Interval (Charlene) 7:45-8:30pm P	BODYPUMP@ (Chris) 7:30-8:30pm AS	Aqua Interval (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]

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

**Insanity®** Insanity is a high-intensity workout combining cardio drills, athletic conditioning, and explosive moves to help you burn calories and improve your cardiovascular fitness. This workout requires no equipment.

**Zumba®** Zumba(R) 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** is a great aerobic workout that puts a dance spin on conventional fitness moves. Whether you have two left feet or are a seasoned dancer, this addictive workout is a great way to have fun and get in shape. This class is designed to bring you the best all over body workout while moving to a mix of old-school jams and the latest chart-topping hits to get your heart pumping.

**Pound®** participants use drumsticks to create a fun, energizing workout that combines cardio conditioning, body-weight strength training, with yoga and pilates-inspired movements..

**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®** a barbell class based on THE REP EFFECT(TM), a proven formula that exhausts muscles using light weights and high repetitions, to sculpt, tone, and strengthen the entire body. Instructors will coach participants through the scientifically proven moves and techniques, pumping out encouragement, motivation, and great movement.

**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.

**Low-Impact Cardio Strength** allows participants to improve their strength and cardiovascular systems. Participants will increase their heart rates with high energy, low-impact aerobic moves, and strengthen their muscles through the use of resistance tubing, dumbbells, or their bodyweight.

**STRONG by Zumba ®** combines body weight strength training, cardio, and plyometric training moves and syncs them to original music to help push you to the end.

**\*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.

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## COMBO

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

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

**Turbo Kick** combines kickboxing, HIIT Training, and body weight exercises to give you a great workout.

## Mind/Body

**Pilates** 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.

**Strength and Stretch** help with balance, core strength, flexibility as well as incorporate low intensity strength moves for a great all around workout. All fitness levels welcome

**Tai Chi** generates and circulates vital energy around the body by following certain principles of movement, posture and breathing. 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** 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** An athletic blend of ballet technique, yoga, Pilates and strength training with cardio intervals mixed into the class. Exercise variations are provided to encourage all fitness levels.

**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 Interval** incorporates elements of cardio and strength training. Participants will be encouraged to work at a level that challenges them giving a great workout.

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

**Deep Water Workout** 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.