



GROUP EXERCISE SCHEDULE October 8- Dec 22

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|--|--|
| BODYPUMP® (Crystal) 5:30-6:30am AS | Insanity (Crystal) 5:30-6:15am AS | Circuit (Karina) 5:30-6:15am AS | Insanity (Crystal) 5:30-6:15am AS | BODYPUMP® (Crystal) 5:30-6:30am AS | Yoga (Lisa) 7:30-8:30am CB FF |
| | Cycling (Jim) 5:30-6:15 am CS | PiYo (Crystal) 5:30-6:15am CB | Cycling (Jim) 5:30-6:15 am CS | | Aqua Zumba (Takako/Nilah) 8:00-8:45am P |
| | | | | | Circuit (Dorine) 7:45-8:30am G |
| Low Impact Cardio/Strength (Mindy) 8:15-9:00am AS | Low Impact Cardio/Strength (Kathy) 8:15-9:00am AS | Low Impact Cardio/Strength (Jana) 8:15-9:00am AS | Low Impact Cardio/Strength (Kathy) 8:15-9:00am AS | Low Impact Cardio/Strength (Mindy) 8:15-9:00am AS | BODYPUMP® (Sara) 8:35-9:35am AS |
| Aqua Interval (Nancy) 8:00-8:45am P | Aqua Interval (Candace) 8-8:45am P | Deep Water Workout (Charlene) 8:00-9:00am P | Aqua Interval (Candace) 8-8:45am P | Aqua Interval 8:00-8:45am P | Cycling (Kylie) 9:00-9:45am CS |
| Aqua Zumba® (Nilah) 9:00-9:45am P FF | Aquacise (Candace) 9:00am-10:00am P | Aqua Zumba® (Nilah) 9:00-9:45am P FF | Aquacise (Candace) 9:00-10:00am P | Aqua Zumba® (Nilah) 9:00-9:45am P FF | Zumba® (Stacey/JoAnn) 9:45-10:30am AS |
| | | | | | Pound (Beth/Heather) 10:45-11:30am AS FF |
| Turbo Kick (Jamie) 9:15-10:05am AS FF | BODYPUMP® Express (Shelly) 9:10-9:55am AS | Circuit (Courtney) 9:15-10:00am AS | BODYPUMP® (Jen) 9:15-10:15am AS | Circuit (Lora) 9:15-10:05am AS | SUNDAY |
| | | Core and More (Courtney) 10:05-10:35am AS FF | | | Circuit (Henry) 10:05-10:50am G |
| Cycling (Courtney) 9:15-10:00am CS | Cycling (Courtney) 9:15-10:00am CS | Cycling (Dorine) 9:15-10:00am CS | Cycling (Dorine) 9:15-10:00am CS | Cycling (Courtney) 9:15-10:00am CS | |
| Barre Fusion (Jamie) 10:15-11:00am AS FF | Pilates (Jamie) 10:10-10:55am AS FF | Yoga (Allison) 10:45-11:30am AS FF | Turbo Kick (Jamie) 10:20am-11:10am AS FF | Yoga (Renaë) 10:15-11:00am AS FF | Cycling (Bill) 11:00-11:45am CS |
| Zumba® (Karin) 11:10-12:10pm AS | SilverSneakers® Classic (Kathy) 11:15-12:00pm AS | Tai Chi (John) 11:45-12:30pm CB FF | SilverSneakers® Classic (Kathy) 11:15-12:00pm AS | Chair Yoga (Allison) 11:45-12:30pm AS | BODYPUMP® (Carla) 1:00-2:00pm AS |
| Express Cycling (Tasha) 4:30-5:00pm CS | | Chair Yoga (Allison) 2:00-2:45pm AS | | | |
| BODYPUMP® (Erin) 4:30-5:30pm AS | | Express Cycling (Tasha) 4:30-5:00pm CS | | Aqua Zumba® (Nilah) 5:30-6:15pm P FF | Yoga (Allison) 4:00-5:00pm CB FF |
| BODYPUMP® (Sara) 5:45-6:45pm AS | BODYPUMP (Erica) 4:30-5:30pm AS | Pilates (Abyy) 4:45-5:30pm AS | Cycling (Hilary) 4:30-5:15pm CS | | DanceFit (Stacey/Dori) 5:05-5:50pm AS |
| Deep Water (Emily) 6:45pm-7:30pm | | BODYPUMP® (Sara) 5:45-6:45pm AS | BODYPUMP® (Erin) 4:30-5:30pm AS | | |
| Core and More (Sara) 6:55-7:25pm AS | Ultimate Strength and Conditioning (USC) (Matthew) 5:40-6:25pm AS | Deep Water (Emily) 6:45-7:30pm P | Ultimate Strength and Conditioning (USC) (Matthew) 5:40-6:25pm AS | | |
| Yoga (Allison) 7:15-8:15pm CB FF | Zumba® (Karin) 6:30-7:20pm AS | Yoga (Renaë B) 7:15-8:00pm CB FF | Zumba® (Tianna) 6:30-7:15pm AS | | |
| DanceFit (Dori) 7:30-8:30pm AS | Cycling (Kylie) 6:30-7:15pm CS | DanceFit (Dori) 7:00-8:00pm AS | Cycling (Abyy) 6:30pm-7:15pm CS | | |
| Aqua Interval (Charlene) 7:45-8:30pm P | BODYPUMP® (Carla) 7:30-8:30pm AS | Aqua Interval (Charlene) 7:45-8:30pm P | BODYPUMP® (Carla) 7:30-8:30pm AS | | |

Changes highlighted in yellow

October 8- Dec 22 2018

Armbrust Family YMCA

5404 S. 168th St.

Omaha, NE 68135

402-896-4200

[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..

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.

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

COMBO

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.

SilverSneakers® Classic 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.

Ultimate Strength & Cardio (USC) is an interval workout for muscular strength, endurance and cardiovascular systems that focus on functional training utilizing weights, body weights and variable resistance.

MIND/BODY

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.

Chair Yoga This class offers the benefits of yoga with the stability of a chair. The focus is on developing strength, flexibility, balance and restoration in a safe guided practice.

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.

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.

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

"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.

takes place in the deep end of the pool. Participants should be comfortable in deep water. Flotation belts or noodles will be used.

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