



# GROUP EXERCISE SCHEDULE March 1st-March 30th

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 (Jana) 8:15-9:00am AS	Low Impact Cardio/Strength (Jana) 8:15-9:00am AS	Low Impact Cardio/Strength (Karina) 8:15-9:00am AS	Low Impact Cardio/Strength (Mindy) 8:15-9:00am AS	BODYPUMP@ (Sara) 8:35-9:35am AS
<b>New time</b> Aqua Interval (Bethany) 8:15-9:00am P	Aqua Interval (Candace) 8-8:45am P	Deep Water Workout (Charlene) 8:00-9:00am P	Aqua Interval (Candace) 8-8:45am P	Aquacise (Bethany) 8:15-9:00am P	Cycling (Kylie) 9:00-9:50am 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) 9:10-10:05am 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	<b>SUNDAY</b>
		Core and More (Courtney) 10:05-10:35am AS FF			<b>New class</b> PiYo (Jordan) 9:00-9:45am AS
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	Circuit (Henry) 10:05-10:50am G
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 (Renae) 10:15-11:00am AS FF	Cycling (Bill) 11:00-11:45am CS
	SilverSneakers@ Classic 11:15-12:00pm AS	Tai Chi (John) 11:45-12:30pm CB FF	SilverSneakers@ Classic 11:15-12:00pm AS	Chair Yoga (Allison) 11:45-12:45pm AS	BODYPUMP@ (Carla) 1:00-2:00pm AS
Express Cycling (Tasha) 4:30-5:00pm CS		Chair Yoga (Allison) 2:00-3:00pm AS		<b>New class</b> BODYPUMP@ (Karina) 5:15pm-6:15pm 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) 3:50pm-4:50pm AS 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	<b>New class</b> DanceFit/Zumba 6:30-7:15pm AS	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	BODYPUMP@ (Carla) 6:40-7:40pm AS	Yoga (Renae B) 7:15-8:00pm CB FF	Zumba@ (JoAnn) 6:30-7:15pm AS		
DanceFit (Dori) 7:30-8:30pm AS	Cycling (Kylie) 6:30-7:20pm CS	DanceFit (Dori) 7:00-8:00pm AS			
Aqua Interval (Charlene) 7:45-8:30pm P		Aqua Interval (Charlene) 7:45-8:30pm P	BODYPUMP@ (Carla/Karina) 7:30-8:30pm AS		

Changes highlighted in yellow

March 1st - March 30th  
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.