



# ARMBRUST YMCA GROUP EXERCISE SCHEDULE SEPT 9th- DEC 21st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYPUMP@ (Crystal) 5:30-6:30am SA	Insanity (Crystal) 5:30-6:15am SA	Circuit (Karina) 5:30-6:15am SA	Insanity (Crystal) 5:30-6:15am SA	BODYPUMP@ (Crystal) 5:30-6:30am SA	Yoga (Lisa) 7:30-8:30am CB FF
	Cycling (Jim) 5:30-6:15 am SB		Cycling (Jim) 5:30-6:15 am SB		
Kickboxing (Amy) 6:15-7:00am CB FF					Aqua Zumba (Tak) 8:00-8:45am
Low Impact Cardio/Strength (Mindy) 8:15-9:00am SA	Low Impact Cardio/Strength (Kathy) 8:15-9:00am SA	Low Impact Cardio/Strength (Jana) 8:15-9:00am SA	Low Impact Cardio/Strength (Kathy) 8:15-9:00am SA	Low Impact Cardio/Strength (Mindy) 8:15-9:00am SA	Circuit (Dorine) 7:45-8:30am G
Aquacise (Bethany) 8:30-9:15am	Aqua Interval (Candace) 8-8:45am	Deep Water (Charlene) 8:00-9:00am	Aqua Interval (Candace) 8-8:45am	Aquacise (Bethany) 8:30-9:15am	BODYPUMP@ (Sara) 8:35-9:35am SA
Turbo Kick (Jamie) 9:10-10:05am SA FF	BODYPUMP@ (Shelly) 9:10-10:10am SA	Circuit (Anna) 9:00-10:00am G	BODYPUMP@ (Jen) 9:10-10:10am SA	Circuit (Lora) 9:10-10:05am SA	
Cycling (Courtney) 9:15-10:00am SB	Cycling Circuit (Kelsey) 9:15-10:00am SB	Cycling (Kelsey) 9:15-10:00am SB	Cycling Circuit (Dorine) 9:15-10:00am SB	Cycling (Courtney) 9:15-10:00am SB	Cycling (Kylie) 9:00-9:50am SB
Deep Water (Bethany) 9:25-10:10am	Aquacise (Candace) 9-10:00am	Aquacise (Charlene) 9:10-9:55am	Aquacise (Candace) 9-10:00am	Deep Water (Bethany) 9:25-10:10am	
Barre (Jamie) 10:15-11:00am SA FF	Pilates (Jamie) 10:15-11:00am CB FF	Turbo Kick (Jamie) 10-10:55am SA FF	Barre (Jamie/Anna) 10:15am-11:00am SA	Yoga (Renaë) 10:15-11:00am SA FF	Zumba@ (Stacey/JoAnn) 9:45-10:30am SA
	DanceFit (Kelsey) 10:15am-11am SA	Gentle Yoga (Allison) 10:45-11:30am CB FF	SilverSneakers@ Classic (Kathy) 11:15-12:00pm SA	Pound (Heather) 10-10:45am G FF	Pound (Heather) 10:45-11:30am SA FF
	SilverSneakers@ Classic (Kathy) 11:15-12:00pm SA	Tai Chi (John) 11:45-12:30pm CB FF		Chair Yoga (Allison) 11:45-12:45pm SA	
Chair Yoga (Allison) 1:00-2:00pm SA		Strength and Stretch (Allison) 2:00-3:00pm SA			<b>SUNDAY</b>
Express Cycling (Tasha) 4:30-5:00pm SB		Express Cycling (Tasha) 4:30-5:00pm SB	BODYPUMP@ (Erin) 4:30-5:30pm SA		
	BODYPUMP (Erica) 4:30-5:30pm AS	20/20/20 (Anna) 4:30-5:30pm SA			Circuit (Henry) 10:05-10:50am G
20/20/20 (Erin) 4:30-5:30pm SA		Pilates (Abby) 4:45-5:30pm CB			Cycling (Bill) 11:00-11:45am SB
BODYPUMP@ (Sara) 5:45-6:45pm SA	Ultimate Strength and Cardio (USC) (Matthew) 5:40-6:25pm SA	BODYPUMP@ (Sara) 5:45-6:45pm SA	Ultimate Strength and Cardio (USC) (Matthew) 5:40-6:25pm SA	Aqua Zumba (Takako) 6:00-6:45pm	BODYPUMP@ (Carla) 1:00-2:00pm SA
Core and More (Sara) 6:55-7:25pm SA	BODYPUMP@ (Carla) 6:40-7:40pm SA	Deep Water (Emily) 6:45pm-7:30pm	Yoga (Allison) 6:15-7:15pm CA FF	DanceFit/Zumba@ (Alicia/Dori/JoAnn) 6:30pm-7:15pm SA	
Deep Water (Emily) 6:45pm-7:30pm	Cycling (Kylie) 6:30-7:20pm SB		Zumba@ (Tianna) 6:30-7:15pm SA		DanceFit (Stacey/Dori) 5:05-5:50pm SA
Yoga (Allison) 7:15-8:15pm CB FF		Yoga (Renaë) 7:15-8:00pm CB FF			Yoga (Tonya) 6pm-6:50pm SA FF
DanceFit (Dori) 7:30-8:30pm SA		DanceFit (Dori) 7:00-8:00pm SA		New time	
Aqua Interval (Charlene) 7:45-8:30pm	Zumba@ (Alicia) 7:45pm-8:30pm SA	Aqua Interval (Charlene) 7:45-8:30pm	BODYPUMP@ (Karina) 7:30-8:30pm SA	New class or new format	Modified schedule will come out for 11/28

Armbrust YMCA 5404 S. 168th St. Omaha, NE 68135

[SA = Studio A] [SB = Studio B (cycling)] [CA/CB = Community Room A or B] = Pool] [G = Big Gym] [FF = Family]

## 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..

**Kickboxing** combines elements of martial arts with athletic drills to create a fun, high-energy workout. This class will leave you feeling sweaty and stronger

## 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.

**20/20/20** 20 minutes of cardio, weights, and abs/core each! This class increases your strength and metabolism by working all the major muscle groups using weights, tubing and balls. If you like to change up your workouts, try new things and be challenged, this is the class for you. This is a great

## 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** is a blend of low impact, high intensity cardio moves and strength training focusing on long, lean muscle building. Inspired by traditional ballet, yoga and Pilates, each class will focus on your core, glutes, thighs and arms. Bare feet or sticky socks are ideal for full extension. Dance experience NOT required.

**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 glutes

**Strength and Stretch** Focus is on developing strength, flexibility, balance and restoration in a safe guided practice.

## 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 (use of balls, pool noodles and/or water weights).

**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** 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.

**“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.