



ARMBRUST YMCA GROUP EXERCISE SCHEDULE Feb 17th-April 4th 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYPUMP EXPRESS® (Erica) 5:30-6:15am SA	Ultimate Strength and Cardio (USC) (Larissa) 5:30-6:15am SA	BODYPUMP EXPRESS® (Erica) 5:30-6:15am SA	Ultimate Strength and Cardio (USC) (Larissa) 5:30-6:15am SA	Yoga/Pilates (Jen) 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		
	Yoga/Pilates (Jen) 5:30-6:30am CB				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 8:15-9:00am SA	Low Impact Cardio/Strength (Kathy) 8:15-9:00am SA	Low Impact Cardio/Strength (Mindy) 8:15-9:00am G	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® (Karina) 9:10-10:10am SA	Circuit (Anna) 9:00-10:00am G	BODYPUMP® (Jen) 9:10-10:10am SA	Circuit (Anna) 9:15-10:05am SA	
Cycling (Courtney) 9:15-10:00am SB	Cycling Circuit (Bri) 9:15-10:00am SB	Cycling (Bri) 9:15-10:00am SB	Cycling Circuit (Dorine) 9:15-10:00am SB	Cycling (Courtney) 9:15-10:00am SB	Cycling (Kylie/Bri) 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	Active Together (Karina/Erin) 10:20am-11:20am	Turbo Kick (Jamie) 10-10:55am SA FF	Active Together (Jen) 10:20am-11:20am	Yoga (Allison) 10:15-11:15am CB FF	Zumba® (Stacey/JoAnn) 9:45-10:30am SA
	Pilates (Jamie) 10:15-11:00am CB FF	Yoga (Allison) 10:45-11:30am CB FF	Pilates (Anna) 10:20am-11:05am CB	Pound (Heather) 10:10-10:55am SA FF	Pound (Heather) 10:45-11:30am SA FF
SilverSneakers® Stability (Allison) 12:15-1:00pm SA	SilverSneakers® Classic (Kathy) 11:30-12:15pm SA		SilverSneakers® Classic (Kathy) 11:30-12:15pm SA	Chair Yoga (Allison) 11:45-12:45pm SA	
Chair Yoga (Allison) 1:00-2:00pm SA	Tai Chi (John) 12:25-1:10pm SA FF	Strength and Stretch (Allison) 2:00-3:00pm SA			SUNDAY
Express Cycling (Crysta/Tasha) 4:30-5:00pm SB		Express Cycling (Tasha) 4:30-5:00pm SB	BODYPUMP® (Erin) 4:30-5:30pm SA		
	BODYPUMP (Erin) 4:30-5:30pm SA	Active Together (Jenn P) 4:30-5:30pm SA			Circuit (Henry) 10:05-10:50am G
Active Together (Erin) 4:30-5:30pm SA					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) 7pm-7:45pm	Yoga (Allison) 6:15-7:15pm CA FF		
Deep Water (Emily) 7pm-7:45pm	Cycling (Kylie) 6:00-6:50pm 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 (Anand/Jen) 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	Total Body Conditioning (Karina) 7:45pm-8:30pm	Aqua Interval (Charlene) 7:45-8:30pm	BODYPUMP® (Karina) 7:30-8:30pm SA	New class or new format	

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.

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

Active Together is an innovative 60-minute workout that improves cardiovascular fitness, builds total body strength and enhances movement health for daily life. Inspiring music and supportive coaching will ensure you succeed with simple, athletic exercises that use Dumbbells, bodyweight and The STEP®.

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.

Cycling circuit Traditional cycling class format broken up into intervals incorporating, strength and plyometric work off of the bike.

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.

Silver Sneakers Stability is designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time

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.

"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.

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

Total Body Conditioning Participants can expect intervals of high intensity cardio and strength training to create a fitness training experience. This class will improve participants overall fitness, agility, speed and athleticism in the high intensity class. Modifications can be made for all fitness levels but be prepared to push yourself!

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.