

Winter 2017 Group Exercise Schedule (December 18-March 4)

Southwest YMCA

13010 Atwood AVE, Omaha NE 68144 402.334.8487 www.metroymca.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Cycle* (Holly) 5:30-6:15am CR	RIP (Sara) 5:30-6:30am GX	Ultimate Combo (Pam) 5:30-6:30am GX FF	RIP (Sara) 5:30-6:30am GX	Revive Cardio (Pam) 5:30-6:30am GX FF	
SilverSneakers® Classic (Jackie) 7:45 – 8:35am GX	Beginning Group Cycle* (Jackie) 7:45-8:30am CR	SilverSneakers® Classic (Jackie) 7:45-8:35am GX	Beginning Group Cycle* (Jackie) 7:45-8:30am CR	SilverSneakers® Classic (Julie) 7:45 – 8:35am GX	RIP (Tyrone) 7:15-8:10am GX Aquacise (Nancy) 8:00-8:45am P FF
	SilverSneakers @ Circuit (Jackie) 7:45-8:40am GX		SilverSneakers @ Circuit (Julie) 7:45-8:40am GX		
SilverSneakers® Classic (Carol) 8:40-9:30am GX	Low Impact Cardio (Jackie) 8:45-9:30am GX	SilverSneakers® Classic (Carol) 8:40-9:30am GX	Low impact Cardio (Julie) 8:45-9:30am GX	SilverSneakers® Classic (Jackie) 8:40-9:30am GX	Group Cycle* (Jackie) 8:00-9:00am CR
Cardio Walk (Jackie) 8:45-9:30am MBD				H.I.T. Circuit (AJ) 8:45-9:30 MBD	Body Sculpting(Belinda) 8:15-9:15am GX FF
AquaZumba (Amy) 9:00-9:45am P	Aquacise (Cathi) 9:00-10:00am P	Pilates Plus (Sarah) 9:15-10:15am MBD FF	Aquacise (Jamie) 9:00-10:00am P	Deep Water (Jen) 9:15-10:00am P	H.I.T Circuit (Justin) 8:30-9:15am BG FF
				Barre Fusion (Sarah) 9:15-10:15 am MBD	Barre Fusion (Alyssa) 9:00-9:45am MBD FF
Mixed Fit (Emily) 9:35-10:35am GX FF	Group Cycle* (Julie) 9:30-10:15am CR	Turbo Kick (Trina) 9:35-10:30am GX FF	Step (Jackie) 9:35-10:35am GX	RIP (Michelle) 9:30-10:30am GX	Zumba (Amy) 9:20-10:20am GX FF
Cardio Walk (Jackie) 9:35-10:20am MBD	RIP (Jackie) 9:35-10:35am GX				Group Cycle* (Laurie) 9:30-10:15am CR
Silver Splash (Amy) 10:00-10:45am P	SilverSneakers® Yoga (Carol) 10:40-11:35am GX	Aquacise (Ann) 10:00-11:00am P		Aquacise (Cathi) 10:00-11:00am P	Yoga (Andrea) 10:00-10:45am MBD
H.I.T Circuit (Dorine) 11:45am-12:30pm GX	POUND* (Heather) 10:45-11:45 MBD Starts Jan/24	Yoga (Sarah) 10:30-11:30am MBD	Tai Chi (Carol) 10:40-11:35am GX	H.I.T. Circuit (Jamie) 11:45am-12:30pm GX	RIP (Laurie) 10:30-11:30am GX
		Zumba Gold (Amy) 10:35-11:30am GX FF			
SilverSneakers® Classic (Jackie) 1:00-1:45pm GX	RIP (Sondra) 11:45am-12:45pm GX	H.I.T Circuit (Dorine) 11:45am-12:30pm GX	Group Cycle* (Mary) 11:45am-12:30pm CR	SilverSneakers® Classic 1:00-1:45pm GX	Key: GX = Group Exercise Studio (previously known as the Small Gym) CR = Cycle Room MBD = Mind Body Dance Studio P = Pool BG = Big Gym FF = Family Friendly Classes (ages 10+ with a parent present) Shading New Class Change instructor Event *Sign Up for this Class 24 hours in Advance
	Group Cycle* (Dorine) 11:45am-12:30pm CR		RIP (Sondra) 11:45am-12:45pm GX		
AquaZumba (Jill) 5:15-6:00pm P	SilverSneakers® Yoga (Carol) 1:00-1:45pm GX	SilverSneakers® Classic (Julie) 1:00-1:45pm GX		POUND* (Jessica) 5:30-6:30pm MBD	
Yoga (Sarah) 5:30-6:30pm MBD FF	Delay the Disease (Cathy) 1:00-2:00pm MBD				
WAR (Sarah) 5:30-6:30pm GX FF	Zumba (Lori) 5:30-6:30pm GX FF		POUND* (Lori) starts 1/26 4:45-5:30pm GX FF	Sunday	
Group Cycle* (Mary) 5:45-6:30pm CR	Aquacise (Nancy) 5:30-6:30pm P FF	Yoga (Trina) 5:30-6:30pm MBD FF	Zumba (Lori) 5:30-6:30pm GX FF	POUND* starts 1/29 11:45-12:45 GX	
AquaBoot (Racquel) 6:10-7:00pm P FF		WAR (Sarah) 5:30-6:30pm GX FF	Aquacise (Nancy) 5:30-6:30pm P FF	RIP (Sondra/Michelle) 1:00-2:00pm GX	
Family Fitness 6:30-7:30pm BG FF	RIP (Kelly) 6:30-7:30pm GX	AquaBoot (Kim) 6:10-7:00pm P FF		Group Cycle* 5:30-6:15pm CR	
Group Cycle* (Laurie) 6:30-7:15pm CR	Youth Kickboxing (Heather) 6:15-7:00pm MBD FF	Group Cycle* (Laurie) 6:30-7:15pm CR	RIP (Michelle) 6:30-7:30pm GX		
Mixed Fit (Lori) 6:40-7:30pm GX FF	Deep Water(Nancy) 6:30-7:30pm P	Mixed Fit (Maria) 6:40-7:30pm GX FF			
RIP (Laurie) 7:40-8:30pm GX	Pop Pilates (Kelsey) 7:00-7:30 pm MBD	Family Yoga (Trina) 6:45-7:15pm MBD FF	Barre Fusion (Jamie) 7:00-7:45pm MBD FF		
POUND* (Staci/Lori) 7:40-8:30pm MBD starts 1/23		RIP (Laurie) 7:40-8:30pm GX			

Class Descriptions

Southwest YMCA



Cardio

Low Impact Cardio class consists of a warm up followed by a fun low impact cardiovascular workout.

Revive Cardio is a choreographed Hi/Low cardio class that consists of a warm-up, workout, and abdominal strength exercises.

Group Cycle is an aerobic/anaerobic workout on a stationary bike designed for all fitness levels.

WAR is an Interval Training class is a cardiovascular challenge that alternates full-body drills, punches and kicks with anyone-can-do-it combinations.

Your body will feel the fight, but we always win the WAR!

Step is a program designed to push your cardio edge into high gear and attack your legs in every plane of motion, both on the step and on the floor.

Zumba® Fitness uses exotic rhythms set to high-energy Latin and international beats.

Zumba® Gold The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Mixed Fit is a people inspired dance fitness class using a combination of explosive dancing and boot camp style training.

Cardio Walk combines two-miles of walking and upper body strength training. It utilizes light hand weights and resistance bands to increase heart rate and achieve toning results.

Combo

H.I.T Circuit / Ultimate Combo is a type of interval training class that combines short, intense intervals with long, slow intervals. This will help improve cardiovascular health and the ability for your muscles to burn fat faster!

SilverSneakers® Circuit Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing, and a SilverSneakers ball is alternated with low-impact aerobics. A chair is used for standing support, stretching and relaxation exercises.

Strength

RIP is a total body strength workout utilizing barbell weights for people of all ages. Routines cater to all fitness levels with traditional and non-traditional athletic movements.

SilverSneakers® Classic Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Mind/Body

Barre Fusion— an athletic blend of ballet technique, yoga, Pilates, and strength training with cardio intervals mixed into the class. Always with exercise variations to challenge all levels of fitness.

POP Pilates® is a Pilates inspired total body, equipment-free workout that sculpts a rock solid core and a lean dancer's body like nothing else can. The upbeat, fun, pop music makes the workout feel like a dance party.

Pilates Plus is a mat-based Pilates class that utilizes various props such as bands, straps, balls, rings, light weights, rollers, or towels. Props are used to help facilitate core strength, balance, stretch and symmetry.

Pilates Cardio Walk combines walking and upper body strength training. It utilizes light hand weights and resistance bands to increase heart rate and achieve toning results.

Yoga is inspiring, energizing, and calming. Breathing and relaxation exercise techniques form a complete mind and body workout.

SilverSneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of motion. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Active Older Adult Tai Chi improves strength, balance, coordination, and flexibility through a series of continuous flowing movements modified from traditional Tai Chi.

Aqua

Aqua Boot is a high-intensity, total body workout that has minimal impact on bone joints. This class will incorporate plyometric movements with balance and core work.

Aquacise is a moderately high aerobics workout without traumatic impact to the joints. Develop increased muscular tone and flexibility. No swimming experience required.

Deep Water Workout is a high-intensity water workout with no impact on your joints. Must be comfortable in deep water. Noodles or belts are used during class.

SilverSneakers Splash Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance, and coordination.

Aqua Zumba® is a challenging, water-based workout that is exhilarating, cardio-conditioning, and body-toning.