

# Winter 2017 Group Exercise Schedule (March 5-May 6)

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 <b>CR</b>	RIP (Sara) 5:30-6:30am <b>GX</b>	Ultimate Combo (Pam) 5:30-6:30am <b>GX FF</b>	RIP (Sara) 5:30-6:30am <b>GX</b>	Revive Cardio (Pam) 5:30-6:30am <b>GX FF</b>	
SilverSneakers® Classic (Jackie) 7:45 – 8:35am <b>GX</b>	Beginning Group Cycle* (Jackie) 7:45-8:30am <b>CR</b>	SilverSneakers® Classic (Jackie) 7:45-8:35am <b>GX</b>	Beginning Group Cycle* (Jackie) 7:45-8:30am <b>CR</b>	SilverSneakers® Classic (Julie) 7:45 – 8:35am <b>GX</b>	RIP (Tyrone) 7:15-8:10am <b>GX</b> Aquacise (Nancy) 8:00-8:45am <b>P FF</b>
	SilverSneakers @ Circuit (Jackie) 7:45-8:40am <b>GX</b>		SilverSneakers @ Circuit (Julie) 7:45-8:40am <b>GX</b>		
SilverSneakers® Classic (Carol) 8:40-9:30am <b>GX</b>	Low Impact Cardio (Jackie) 8:45-9:30am <b>GX</b>	SilverSneakers® Classic (Carol) 8:40-9:30am <b>GX</b>	Low impact Cardio (Julie) 8:45-9:30am <b>GX</b>	SilverSneakers® Classic (Jackie) 8:40-9:30am <b>GX</b>	Group Cycle* (Jackie) 8:00-9:00am <b>CR</b>
Cardio Walk (Jackie) 8:45-9:30am <b>MBD</b>				H.I.T. Circuit ( AJ) 8:45-9:30 <b>MBD</b>	Body Sculpting(Belinda) 8:15-9:15am <b>GX FF</b>
AquaZumba (Amy) 9:00-9:45am <b>P</b>	Aquacise (Cathi) 9:00-10:00am <b>P</b>	Pilates Plus (Sarah) 9:15-10:15am <b>MBD FF</b>	Aquacise (Jamie) 9:00-10:00am <b>P</b>	Deep Water (Jen) 9:15-10:00am <b>P</b>	H.I.T Circuit (Justin) 8:30-9:15am <b>BG FF</b>
				Barre Fusion (Sarah) 9:15-10:15 am <b>MBD</b>	Barre Fusion (Alyssa) 9:00-9:45am <b>MBD FF</b>
Mixed Fit (Emily) 9:35-10:35am <b>GX FF</b>	Group Cycle* (Julie) 9:30-10:15am <b>CR</b>	Turbo Kick (Trina) 9:35-10:30am <b>GX FF</b>	Step (Jackie) 9:35-10:35am <b>GX</b>	RIP (Michelle) 9:35-10:35am <b>GX</b>	Zumba (Amy) 9:20-10:20am <b>GX FF</b>
Cardio Walk (Jackie) 9:35-10:20am <b>MBD</b>	RIP (Jackie) 9:35-10:35am <b>GX</b>				Group Cycle* (Laurie) 9:30-10:15am <b>CR</b>
Silver Splash (Jen) 10:00-10:45am <b>P</b>	SilverSneakers® Yoga (Carol) 10:40-11:35am <b>GX</b>	Aquacise (Ann) 10:00-11:00am <b>P</b>		Aquacise (Cathi) 10:00-11:00am <b>P</b>	Yoga (Andrea) 10:00-10:45am <b>MBD</b>
H.I.T Circuit (Dorine) 11:45am-12:30pm <b>GX</b>	POUND* (Heather) 10:45-11:45 <b>MBD</b>	Yoga (Michelle) 10:30-11:30am <b>MBD</b>	Tai Chi (Carol) 10:40-11:35am <b>GX</b>	<b>STRONG by Zumba</b> (Brooklyn) 10:40-11:40am	RIP (Laurie) 10:30-11:30am <b>GX</b>
		Zumba Gold (Amy) 10:35-11:30am <b>GX FF</b>			
SilverSneakers® Classic (Jackie) 1:00-1:45pm <b>GX</b>	RIP (Sondra) 11:45am-12:45pm <b>GX</b>	H.I.T Circuit (Dorine) 11:45am-12:30pm <b>GX</b>	Group Cycle* (Mary) 11:45am-12:30pm <b>CR</b>	H.I.T Circuit (Dorine) 11:45am-12:30pm <b>GX</b>	<b>Key:</b> 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 <b>CR</b>		RIP (Sondra) 11:45am-12:45pm <b>GX</b>		
AquaZumba (Jill) 5:15-6:00pm <b>P</b>	SilverSneakers® Yoga (Carol) 1:00-1:45pm <b>GX</b>	SilverSneakers® Classic (Julie) 1:00-1:45pm <b>GX</b>		POUND* (LizaJane) 5:30-6:30pm <b>MBD</b>	
Yoga (Sarah) 5:30-6:30pm <b>MBD FF</b>	Delay the Disease (Cathy) 1:00-2:00pm <b>MBD</b>				
WAR (Sarah) 5:30-6:30pm <b>GX FF</b>	Zumba (Lori) 5:30-6:30pm <b>GX FF</b>		POUND* (Lori) 4:45-5:30pm <b>GX FF</b>	<b>Sunday</b>	
Group Cycle* (Mary) 5:45-6:30pm <b>CR</b>	Aquacise (Nancy) 5:30-6:30pm <b>P FF</b>	Yoga (Sarah) 5:30-6:30pm <b>MBD FF</b>	Zumba (Lori) 5:30-6:30pm <b>GX FF</b>	POUND* 3:45-4:45 pm <b>GX FF</b>	
AquaBoot (Kim) 6:10-7:00pm <b>P FF</b>		WAR (Sarah) 5:30-6:30pm <b>GX FF</b>	Aquacise (Nancy) 5:30-6:30pm <b>P FF</b>	RIP (Sondra/Michelle) 1:00-2:00pm <b>GX</b>	
Family Fitness 6:30-7:30pm <b>BG FF</b>	RIP (Kelly) 6:30-7:30pm <b>GX</b>	AquaBoot (Kim) 6:10-7:00pm <b>P FF</b>		Group Cycle* 5:30-6:15pm <b>CR</b>	
Group Cycle* (Laurie) 6:30-7:15pm <b>CR</b>	Youth Kickboxing (Heather) 6:15-7:00pm <b>MBD FF</b>	Group Cycle* (Laurie) 6:30-7:15pm <b>CR</b>	RIP (Michelle) 6:30-7:30pm <b>GX</b>		
Mixed Fit (Lori) 6:40-7:30pm <b>GX FF</b>	Deep Water(Nancy) 6:30-7:30pm <b>P</b>	Mixed Fit (Maria) 6:40-7:30pm <b>GX FF</b>			
RIP (Laurie) 7:40-8:30pm <b>GX</b>	Pop Pilates (Kelsey) 7:00-7:30 pm <b>MBD</b>		Pop Pilates (Kelsey) 7:00-7:30 pm <b>MBD</b>		
POUND* (Staci/Lori) 7:40-8:30pm <b>MBD</b>		RIP (Laurie) 7:40-8:30pm <b>GX</b>			

# Class Descriptions

Southwest YMCA



## Cardio

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**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

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**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

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**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

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**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

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**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.