



Group Exercise Schedule (May 31-September 3)

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	Ultimate Combo (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 (Jud) 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	POUND* (Heather) 8:45-9:30am MBD				Body Sculpting(Belinda) 8:15-9:15am GX FF
AquaZumba (Amy)	Aquacise (Cathi)	Pilates (Sarah) 9:15-10:15am MBD FF	Aquacise (Brandon)	Deep Water (Jen)	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		Turbo Kick (Trina) 9:35-10:30am GX FF	Step (Jackie) 9:35-10:35am GX	RIP (Michelle) 9:35-10:35am GX	Zumba (Amy) 9:20-10:20am GX FF
	RIP (Jackie) 9:35-10:35am GX				Group Cycle* (Laurie) 9:30-10:15am CR
Silver Splash (Jen)	SilverSneakers® Yoga (Carol) 10:40-11:35am GX	Aquacise (Ann)		Aquacise (Cathi)	Yoga (Andrea) 10:00-10:45am MBD
H.I.T Circuit (Dorine) 11:45am-12:30pm GX		Yoga (Michelle) 10:30-11:30am MBD	Tai Chi (Carol) 10:40-11:35am 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	H.I.T Circuit (Jamie) 11:45am-12:30pm 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 New Class Change in time Change in time Event Event *Sign Up for this Class 24 hours in Advance
AquaZumba (Jill)	SilverSneakers® Yoga (Carol) 1:00-1:45pm GX	SilverSneakers® Classic (Julie) 1:00-1:45pm GX		STRONG by Zumba (Brooklyn) 5:30-6:30 pm GX STARTS June 9th	
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			Sunday	
)	Aquacise (Nancy)	Yoga (Sarah) 5:30-6:30pm MBD FF	Zumba (Lori) 5:30-6:30pm GX FF	RIP (Sondra/Michelle) 1:00-2:00pm GX	
AquaBoot (Kim)	Youth Kickboxing (Heather) 6:15-7:00pm MBD FF	WAR (Sarah) 5:30-6:30pm GX FF	Aquacise (Nancy)	POUND* (Heather) 3:45-4:45 pm GX FF	
Family Fitness 6:30-7:30pm BG FF	Step Express (Kelly) 6:35-7:05 pm GX	AquaBoot (Kim)	POUND* (Lori) 6:30-7:15 pm GX FF		
Group Cycle* (Laurie) 6:30-7:15pm CR	RIP Express (Kelly) 7:15-7:45pm GX	Group Cycle* (Laurie) 6:30-7:15pm CR			
Mixed Fit (Lori) 6:40-7:30pm GX FF	Deep Water(Nancy)	Mixed Fit (Maria) 6:40-7:30pm GX FF			
POUND* (Staci/Lori) 7:40-8:30pm MBD	Pop Pilates (Kelsey) 7:00-7:30 pm MBD		Pop Pilates (Kelsey) 7:00-7:30 pm MBD		
RIP (Laurie) 7:40-8:30pm GX		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.

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

WAR is a cardiovascular Interval class that alternates challenging 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.

Step Express is a 30 -minute step class

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.

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

Cardio Walk combines low impact movements and power walking to increase heart rate and achieve toning results.

Combo

H.I.T Circuit is a type of interval training class that combines short, intense intervals with long, slow intervals. This will help improve cardiovascular health and burn fat!

SilverSneakers® Circuit Increase your cardiovascular and muscular endurance 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.

Ultimate Combo –Includes Step, Hi/Lo, Aerobic Circuits and Strength Training using a variety of creative choreography.

Strong is a High Intensity Training class using more traditional fitness moves. This athletic style class uses your own body weight as resistance.

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.

RIP Express is a 30 minute condensed version of our RIP class.

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 is the perfect blend of deep muscle toning and stretching. Barre incorporates the fluidity of ballet, the flexibility of yoga and the core strength of Pilates.

POP Pilates® is a Pilate's 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 is a series of exercises to develop core strength, flexibility, balance, and stamina. Become aware of breathing patterns and spinal alignment while engaging the deep muscles of the core.

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.