



Group Exercise Schedule (September 4-December 31)

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling* (Holly) 5:30-6:15am CR	Barbell Pump (Sara) 5:30-6:30am GX	Circuit (Pam) 5:30-6:30am GX FF	Barbell Pump (Sara) 5:30-6:30am GX	Circuit (Pam) 5:30-6:30am GX FF	
SilverSneakers® Classic (Jackie) 7:45 – 8:35am GX	Beginning Cycling* (Jackie) 7:45-8:30am CR	SilverSneakers® Classic (Jackie) 7:45-8:35am GX	Beginning Cycling* (Jackie) 7:45-8:30am CR	SilverSneakers® Classic (Julie) 7:45 – 8:35am GX	Barbell Pump (Tyrone) 7:15-8:10am GX
	SilverSneakers® Circuit (Jackie) 7:45-8:40am GX		SilverSneakers® Circuit (Julie) 7:45-8:40am GX		Aquacise (Judd) 8:00-9:00am P FF
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	Cycling* (Jackie) 8:00-9:00am CR
Cardio Walk (Jackie) 8:45-9:30am MBD	POUND®* (Heather) 8:45-9:30am MBD	Pilates (Sarah) 9:15-10:15am MBD FF		Pop Pilates® (Kelsey) 9:15-10:15 am MBD	Total Toning (Belinda) 8:15-9:15am GX FF
Aqua Zumba® (Amy) 9:00-9:45am P	Aquacise (Cathi) 9:00-10:00am P	Deep Water (Jen) 9:15-10:00am P	Aquacise (Brandon) 9:00-10:00am P	Deep Water (Jen) 9:15-10:00am P	Circuit (Justin) 8:30-9:15am BG FF
Mixed Fit® (Emily) 9:35-10:35am GX FF		Turbo Kick® (Trina) 9:35-10:35am GX FF	Step (Jackie) 9:35-10:35am GX	Barbell Pump (Michelle) 9:35-10:35am GX	Zumba® (Amy) 9:20-10:20am GX FF
	Barbell Pump (Jackie) 9:35-10:35am GX				
SilverSneakers® Splash (Jen) 10:00-10:45am P	SilverSneakers® Yoga (Carol) 10:40-11:35am GX	Aquacise (Ann) 10:00-11:00am P	Tai Chi (Carol) 10:40-11:35am GX	Aquacise (Cathi) 10:00-11:00am P	Yoga (Andrea) 10:00-10:45am MBD
Circuit (Dorine) 11:45am-12:30pm GX	Barbell Pump (Sondra) 11:45am-12:45pm GX	Yoga (Michelle) 10:30-11:30am MBD	Barbell Pump (Sondra) 11:45am-12:45pm GX	Zumba® Gold (Amy) 10:45-11:40am GX	
SilverSneakers® Classic (Jackie) 1:00-1:45pm GX	Cycling* (Dorine) 11:45am-12:30pm CR	Circuit (Dorine) 11:45am-12:30pm GX	Cycling* (Mary) 11:45am-12:30pm CR	Circuit (Jamie) 11:45am-12:30pm GX	<p>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)</p> <p>Shading New Class Change in time Event</p> <p>*Sign Up for this Class 24 hours in Advance</p>
Barbell Pump (Michelle) 4:45pm-5:30pm GX	Delay the Disease REGISTRATION REQUIRED 1:00-2:00pm BG	Barbell Pump (Michelle) 4:45pm-5:30pm GX		STRONG by Zumba® (Leah) 5:30-6:30 pm GX FF	
Aqua Zumba® (Jill) 5:15-6:00pm P					
Yoga (Sarah) 5:30-6:30pm MBD FF	Zumba® (Lori) 5:30-6:30pm GX FF	Yoga (Sarah) 5:30-6:30pm MBD FF	Zumba® (Lori) 5:30-6:30pm GX FF		
Turbo Kick® (Crystal) 5:35-6:35pm GX FF	Aquacise (Nancy) 5:30-6:30pm P FF	Turbo Kick® (Trina) 5:35-6:35pm GX FF			
Aqua Interval (Racquel) 6:10-7:00pm P FF	Youth Kickboxing (Heather) 6:15-7:00pm MBD FF	Aqua Interval (Kim) 6:10-7:00pm P FF	Aquacise (Nancy) 5:30-6:30pm P FF	Sunday	
Family Fitness 6:30-7:30pm BG Starts October 2	Step Express (Kelly) 6:35-7:05 pm GX			Barbell Pump (Sondra/Michelle) 1:00-2:00pm GX	
Cycling* (Laurie) 6:30-7:15pm CR	Barbell Pump Express (Kelly) 7:15-8:00pm GX	Cycling* (Laurie) 6:30-7:15pm CR		POUND®* (Heather) 3:45-4:45 pm GX FF	
Mixed Fit® (Lori) 6:40-7:30pm GX FF	Deep Water (Kim) 6:30-7:15pm P	Mixed Fit® (Maria) 6:40-7:30pm GX FF	POUND®* (Lori) 6:30-7:15pm MBD		
POUND®* (Staci/Lori) 7:40-8:30pm MBD	Pop Pilates® (Kelsey) 7:00-8:00 pm MBD		Pop Pilates® (Kelsey) 7:00-8:00 pm MBD		
Barbell Pump (Laurie) 7:40-8:30pm GX		Barbell Pump (Laurie) 7:40-8:30pm GX			

Class Descriptions—Southwest YMCA

Cardio

Cardio Walk combines low impact movements and Power walking to increase heart rate and achieve Toning results.

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. Bring a towel and a water bottle.

Low Impact Cardio-This class 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.

Mixedfit® uses current radio hits to inspire fun dance moves combined with boot camp style toning moves to create a great workout.

Step uses a platform bench and choreographed movements on and off of the step to train your cardiovascular system.

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

Zumba® 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.

Zumba®Gold -This class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Participants will experience all of the fun of Zumba® at a lower-intensity level.

Combo

Circuit-Cardio Strength 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.

POUND® class instructs participants to use drumsticks to create a fun, energizing workout that combines cardio conditioning, body-weight strength training, with yoga and pilates-inspired movements. You will sweat, squat, and pound your way through this energetic class.

Silversneakers® Circuit-Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Focus on upper-body strength with hand-held weights, and us resistance tubes and a SilverSneakers ball for a low-impact aerobics workout. A chair is used for support.

STRONG by Zumba® combines body weight strength training, cardio, and plyometric training moves and syncs them to original music to help push you to the end of every class.

Strength

Barbell Pump- Barbell Pump is a high repetition, light weight strength training class. Each song within the class has a specific strengthening focus allowing participants to engage all major muscle groups in a 60-minute session.

Silversneakers® Classic- Move to the music through a variety of exercises designed to increase 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.

Total Toning-Total Toning uses a variety of equipment to strengthen and tone the entire body. Each class will blend a variety of movements to focus on overall body strength.

Mind/Body

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 gluteal.

Pop Pilates® is a Pilates inspired total body, equipment free workout. The choreographed dance elements included throughout the class make this a fun, effective workout.

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.

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

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

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.

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.

Silversneakers® Splash-Jump in for a fun, shallow-water class that improves agility, flexibility, and endurance. This is a great low-impact option. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.