



# Group Exercise Schedule (January 2-May 27)

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Circuit (Crysta) 5:30-6:30am <b>GX FF</b>	Barbell Pump (Sara) 5:30-6:30am <b>GX</b>	Circuit (Crysta) 5:30-6:30am <b>GX FF</b>	Barbell Pump (Sara) 5:30-6:30am <b>GX</b>		
Cycling* (Holly) 5:30-6:15am <b>CR</b>	Beginning Cycling* (Jackie) 7:45-8:30am <b>CR</b>	SilverSneakers@ Classic (Jackie) 7:45-8:35am <b>GX</b>	Beginning Cycling* (Jackie) 7:45-8:30am <b>CR</b>	SilverSneakers@ Classic (Julie) 7:45 - 8:35am <b>GX</b>	Barbell Pump (Tyrone) 7:15-8:10am <b>GX</b> Aquacise (Judd) 8:00-9:00am <b>P FF</b>
SilverSneakers@ Classic (Jackie) 7:45 - 8:35am <b>GX</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>	Cycling* (Jackie) 8:00-9:00am <b>CR</b>
Cardio Walk (Jackie) 8:45-9:30am <b>MBD</b>	POUND@* (Heather) 8:45-9:30am <b>MBD</b>	Deep Water (Jen) 9:00-9:45am <b>P</b>	Aquacise (Judd) 9:00-10:00am <b>P</b>	Pop Pilates@ (Kelsey) 9:15-10:15 am <b>MBD</b>	
Aqua Zumba@ (Amy) 9:00-9:45am <b>P</b>	Aquacise (Cathi) 9:00-10:00am <b>P</b>	Pilates (Tonya) 9:30-10:30am <b>MBD FF</b>	Step (Jackie) 9:35-10:35am <b>GX</b>	Deep Water (Jen) 9:00-9:45am <b>P</b>	Total Toning (Belinda) 8:15-9:15am <b>GX FF</b>
Pilates (Tonya) 9:30-10:30am <b>MBD FF</b>	Barbell Pump (Jackie) 9:35-10:35am <b>GX</b>	Turbo Kick@ (Trina) 9:35-10:35am <b>GX FF</b>	Cycling (Stephanie) 9:30-10:15am <b>CR</b>	Barbell Pump (Michelle) 9:35-10:35am <b>GX</b>	Circuit (Justin) 8:30-9:15am <b>BG FF</b>
Mixed Fit@ (Emily) 9:35-10:35am <b>GX FF</b>		Aquacise (Jen) 10:00-11:00am <b>P</b>	Tai Chi (Carol) 10:40-11:35am <b>GX</b>	Aquacise (Cathi) 10:00-11:00am <b>P</b>	Zumba@ (Amy) 9:20-10:20am <b>GX FF</b>
SilverSneakers@ Splash (Jen) 10:00-10:45am <b>P</b>	SilverSneakers@ Yoga (Carol) 10:40-11:35am <b>GX</b>				
SilverSneakers@ Yoga/Tai (Carol) 10:40-11:35am	Barbell Pump (Sondra) 11:45am-12:45pm <b>GX</b>	Yoga (Michelle) 10:30-11:30am <b>MBD</b>	Barbell Pump (Sondra) 11:45am-12:45pm <b>GX</b>	Zumba@ Gold (Amy) 10:45-11:40am <b>GX</b>	Yoga (Andrea) 10:00-10:45am <b>MBD</b>
Circuit (Dorine) 11:45am-12:30pm <b>GX</b>	Cycling* (Dorine) 11:45am-12:30pm <b>CR</b>	Circuit (Dorine) 11:45am-12:30pm <b>GX</b>	Cycling* (Mary) 11:45am-12:30pm <b>CR</b>	Circuit (Jamie) 11:45am-12:30pm <b>GX</b>	
SilverSneakers@ Classic (Jackie) 1:00-1:45pm <b>GX</b>					
Barbell Pump (Michelle) 4:45pm-5:30pm <b>GX</b>	SilverSneakers@ Yoga (Carol) 1:00-2:00pm <b>GX</b>	SilverSneakers@ Classic (Julie) 1:00-1:45pm <b>GX</b>			<b>Key:</b> GX = Group Exercise Studio  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 in time Event  *Sign Up for this Class 24 hours in Advance  ** Youth fitness ages 6+
Aqua Zumba@ (Jill) 5:15-6:00pm <b>P</b>	Delay the Disease REGISTRATION REQUIRED 1:00-2:00pm <b>BG</b> Cathy				
Yoga (Anand) 5:30-6:30pm <b>MBD FF</b>	Zumba@ (Lori) 5:30-6:30pm <b>GX FF</b>	Barbell Pump (Michelle) 4:45pm-5:30pm <b>GX</b>	Zumba@ (Lori) 5:30-6:30pm <b>GX FF</b>	STRONG by Zumba@ (Leah) 5:30-6:30 pm <b>GX FF</b>	
Kickboxing (Sarah) 5:35-6:35pm <b>GX FF</b>	Aquacise (Nancy) 5:30-6:30pm <b>P FF</b>	Yoga (Andrea) 5:30-6:30pm <b>MBD FF</b>			
Aqua Interval (Racquel) 6:10-7:00pm <b>P FF</b>	Youth Kickboxing ** (Heather) 6:15-7:00pm <b>MBD FF</b>	Turbo Kick@ (Trina) 5:35-6:35pm <b>GX FF</b>	Aquacise (Nancy) 5:30-6:30pm <b>P FF</b>	<b>Sunday</b>	
Family Fitness 6:30-7:30pm <b>BG</b>	Barbell Pump (Kelly) 6:35-7:35 pm <b>GX</b>	Aqua Interval (Kim) 6:10-7:00pm <b>P FF</b>		Barbell Pump (Sondra/Michelle) 1:00-2:00pm <b>GX</b>	
Cycling* (Mary) 5:45-6:30pm <b>CR</b>	Deep Water(Kim) 6:30-7:15pm <b>P</b>	Cycling* (Laurie) 6:30-7:15pm <b>CR</b>	POUND@* (Lori) 6:30-7:15pm <b>GX</b>	POUND@*( Heather ) 3:45-4:45 pm <b>GX FF</b>	
Cycling* (Laurie) 6:30-7:15pm <b>CR</b>	Pop Pilates@ (Kelsey) 7:00-8:00 pm <b>MBD</b>	STRONG by Zumba@ (Yvette) 6:40-7:40pm <b>GX FF</b>	Pop Pilates@ (Kelsey) 7:00-8:00 pm <b>MBD</b>	Cycling* (Laurie) 5:00-5:45pm <b>CR</b>	
Mixed Fit@ (Lori) 6:40-7:30pm <b>GX FF</b>					

# Class Descriptions—Southwest YMCA

## Cardio

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**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

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**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

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**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

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**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

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**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 coo