



Group Exercise Schedule (May 28-September 2)

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 (Crysta) 5:30-6:30am GX FF | Barbell Pump (Sara) 5:30-6:30am GX | | |
| 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® Classic (Carol) 8:40-9:30am 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 |
| Cardio Walk (Jackie) 8:45-9:30am MBD | 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 |
| Aqua Zumba® (Amy) 9:00-9:45am P | POUND®* (Heather) 8:45-9:30am MBD | Deep Water (Judd) 9:00-9:45am P | Aquacise (Judd) 9:00-10:00am P | Pop Pilates® (Kelsey) 9:15-10:15 am MBD | |
| Pilates (Tonya) 9:30-10:30am MBD FF | Aquacise (Cathi) 9:00-10:00am P | Barre Fusion (Kirstin) 9:30-10:30am MBD FF | Step (Jackie) 9:35-10:35am GX | Deep Water (Cathi) 9:00-9:45am P | Total Toning (Belinda) 8:15-9:15am GX FF |
| Mixed Fit® (Emily) 9:35-10:35am GX FF | Barbell Pump (Jackie) 9:35-10:35am GX | DanceFit (Trina) 9:35-10:35am GX FF | Cycling (Stephanie) 9:30-10:15am CR | Barbell Pump (Michelle) 9:35-10:35am GX | Circuit (Justin) 8:30-9:15am BG FF |
| SilverSneakers® Splash (Jen) 10:00-10:45am P | | Aquacise (Jen) 10:00-11:00am P | Tai Chi (Carol) 10:40-11:35am GX | Aquacise (Cathi) 10:00-11:00am P | Zumba® (Amy) 9:20-10:20am GX FF |
| SilverSneakers® Yoga/Tai Chi (Carol) 10:40-11:35am | SilverSneakers® Yoga (Carol) 10:40-11:35am GX | | | | |
| 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 | Yoga (Andrea) 10:00-11:00 am MBD |
| 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 | |
| Barbell Pump (Michelle) 4:45pm-5:30pm GX | | | | | |
| Yoga (Anand) 5:30-6:30pm MBD FF | Delay the Disease REGISTRATION REQUIRED 1:00-2:00pm BG Cathy | | | | |
| Kickboxing (Sarah) 5:35-6:35pm GX FF | Zumba® (Lori) 5:30-6:30pm GX FF | Barbell Pump (Michelle) 4:45pm-5:30pm GX | Zumba® (Lori) 5:30-6:30pm GX FF | | |
| Aqua Interval (Racquel) 6:10-7:00pm P FF | Aquacise (Nancy) 5:30-6:30pm P FF | Yoga (Andrea) 5:30-6:30pm MBD FF | Aquacise (Nancy) 5:30-6:30pm P FF | | |
| | Youth Kickboxing ** (Heather) 6:15-7:00pm MBD FF | STRONG by Zumba® (Yvette) 6:15-7:15pm GX FF | | Sunday | |
| | | Aqua Interval (Kim) 6:10-7:00pm P FF | | Barbell Pump (Sondra/Michelle) 1:00-2:00pm GX | |
| Cycling* (Laurie) 6:30-7:15pm CR | | Cycling* (Laurie) 6:30-7:15pm CR | Barbell Pump (Crysta) 6:35-7:35pm GX | POUND®* (Heather) 3:45-4:45 pm GX FF | |
| Mixed Fit® (Lori) 6:40-7:30pm GX FF | Pop Pilates® (Kelsey) 7:00-8:00 pm MBD **** | | Pop Pilates® (Kelsey) 7:00-8:00 pm MBD **** | | |

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.

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

Kickboxing combines elements of martial arts with athletic drills to create a fun, high energy workout.

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

Barre Fusion is an athletic blend of ballet technique, yoga, Pilates and strength training with cardio intervals mixed into the class. Variations are provided to encourage all fitness levels.

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 and Balance.