



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule (January 2-March 30)

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling (Sarah) New 5:30-6:15am CR	Barbell Pump (Lauren) 5:30-6:30am GX	Cycling (Crysta) 5:30-6:15am CR	Barbell Pump (Lauren) 5:30-6:30am GX		Barbell Pump (Tyrone) 7:10-8:10am GX
Silversneakers® Classic (Jackie) 7:45-8:35am GX	Silversneakers® Circuit (Jackie) 7:45-8:35am GX	Silversneakers® Classic (Jackie) 7:45-8:35am GX	Silversneakers® Circuit (Julie) 7:45-8:35am GX	Silversneakers® Classic (Julie) 7:45-8:35am GX	Aquacise (Nancy) 8:00-9:00am P
Silversneakers® Classic (Carol) 8:40-9:30am GX	Beginning Cycling* (Jackie) 7:45-8:30am CR	Silversneakers® Classic (Carol) 8:40-9:30am GX	Beginning Cycling* (Jackie) 7:45-8:30am CR	Silversneakers® Classic (Jackie) 8:40-9:30am GX	Cycling* (Jackie) 8:00-8:45am CR
Cardio Walk (Jackie) 8:45-9:30am MBD	Low-Impact Cardio (Jackie) 8:45-9:30am GX	Deep Water (Cathi) 9:00-9:45am P	Low-Impact Cardio (Julie) 8:45-9:30am GX	Deep Water (Cathi) 9:00-9:45am P	Total Toning (Belinda) 8:15-9:15am GX
Aqua Zumba® (Amy) 9:00-9:45am P	POUND® (Heather) 8:45-9:30am MBD	Cycling* (Stephanie) 9:30-10:15am CR	Aquacise (Cathi) 9:00-10:00am P	Pop Pilates® (Kelsey) 9:15-10:15am MBD	Circuit (Justin) 8:30-9:15am BG FF
Yoga (Allison) 9:30-10:30am MBD	Aquacise (Nancy) 9:00-10:00am P	Kickboxing (Heather) 9:35-10:35am GX	Step (Jackie) 9:35-10:35am GX	Barbell Pump (Jackie) 9:35-10:35am GX	Zumba® (Amy) 9:20-10:20am GX FF
Mixed Fit® (Emily) 9:35-10:35am GX FF	Barbell Pump (Jackie) 9:35-10:35am GX	Aquacise (Cathi) 10:00-11:00am P	Tai Chi (Carol) 10:40-11:35am GX	Aquacise (Cathi) 10:00-11:00am P	Yoga (Andrea) 10:00-11:00am MBD
Silversneakers® Splash (Jen) 10:00-10:45am P	Silversneakers® Yoga (Carol) 10:40-11:35am GX			Mixed Fit® (Monica) 10:45-11:40am GX	
Silversneakers® Yoga/Tai Chi (Carol) 10:40-11:35am GX	Barbell Pump (Sondra) 11:45-12:30pm GX	Yoga (Andrea) 10:30-11:30am MBD	Barbell Pump (Sondra) 11:45-12:30pm GX	Circuit (Jamie) 11:45-12:30pm GX	Sunday
Circuit (Dorine) 11:45-12:30pm GX	Cycling* (Dorine) 11:45-12:30pm CR	Circuit (Dorine) 11:45-12:30pm GX	Cycling* (Dorine) 11:45-12:30pm CR		Barbell Pump (Sondra/Michelle) 1:00-2:00pm GX
Silversneakers® Classic (Jackie) 1:00-1:45pm GX	Silversneakers® Yoga (Carol) 1:00-2:00pm GX	Silversneakers® Classic (Julie) 1:00-1:45pm GX	Delay The Disease Registration required 1:00-2:00pm BG		POUND® (Heather) 3:45-4:45pm GX FF
Barbell Pump (Michelle) 4:45-5:30pm GX	Delay The Disease Registration required 1:00-2:00pm BG	Barbell Pump (Michelle) 4:45-5:30pm GX			Zumba® (Alicia) New 5:00-6:00pm GX FF
Aqua Zumba® (Jill) 5:15-6:00pm P	Aquacise (Nancy) 5:30-6:30pm P				Cycling* (Laurie) 5:00-5:45pm CR
Yoga (Anand) 5:30-6:30pm MBD	Zumba® (Lori) 5:30-6:30pm GX FF	Yoga (Andrea) 5:30-6:30pm MBD	Aquacise (Nancy) 5:30-6:30pm P		KEY: BG = Big Gym GX = Group Exercise Studio
Ultimate Strength and Cardio New (Ashley) 5:35-6:35pm GX FF	Generation POUND® Youth Kickboxing** (Heather) 6:15-7:00pm MBD	Ultimate Strength and Cardio New (Ashley) 5:35-6:35pm GX FF	Zumba® (Lori) 5:30-6:30pm GX FF		CR = Cycle Room MBD = Mind Body Dance Studio
Aqua Interval (Racquel) 6:10-7:00pm P FF	Cycling* (Laurie) 6:30-7:15pm CR	Aqua Interval (Kim) 6:10-7:00pm P FF			P = Pool FF = Family Friendly Classes. (Ages 10+)
Cycling* (Laurie) 6:30-7:15pm CR	Pop Pilates® (Kelsey) 7:00-8:00pm MBD	Cycling* (Laurie) 6:30-7:15pm CR	Pop Pilates® (Kelsey) 7:00-8:00pm MBD		With parent present * Sign up for this class 24 hours in advance
Dance Fit (Lori) 6:40-7:30pm GX FF	Core and More New (Laurie) 7:15-7:35pm CR				** Youth fitness ages 6+

Class Descriptions

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.

Generation POUND® is a youth-oriented program that fuses movement and music to improve focus, coordination, physical fitness and teamwork skills. By combining exercise and interactive Activities, kids will learn new ways to explore movement, embrace their creativity and ROCK OUT—ultimately building strength, confidence and self-awareness.

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

Low Impact Cardio 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.

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.

Combo

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 Combines 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.

Ultimate Strength and Cardio Ultimate Strength & Cardio is an interval workout for muscular strength, endurance and cardiovascular systems that focus on functional training utilizes weights, body weights, body weights and variable resistance.

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.

Core and More Focus on core strengthening exercises for abdominal and back muscles to improve posture and assist with improved functioning for a healthy lifestyle.

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.