



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule (May 26–August 31)

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silversneakers® Classic (Jackie) 7:45–8:35am GX	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 (Carol) 8:40–9:30am 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
Aqua Zumba® (Emily) Class time changes to 9am 8/19 8:40–9:25am P	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 (Jackiel) 8:40–9:30am GX	Cycling* (Jackie) 8:00–8:45am CR
Yoga (Allison) 9:30–10:30am MBD	Low-Impact Cardio (Jackie) 8:45–9:30am GX	Deep Water (Cathi) 9:00–9:45am	Low-Impact Cardio (Julie) 8:45–9:30am GX	Deep Water (Cathi) 9:00–9:45am	Total Toning (Belinda) 8:15–9:15am GX
Mixed Fit® (Emily) 9:35–10:35am GX FF	POUND® (Heather) 8:45–9:30am MBD	Cycling* (Stephanie) 9:30–10:15am CR	Aquacise (Cathi) 9:00–10:00am		Circuit (Justin) 8:30–9:15am BG FF
USC Express (Ashley) 10:00–10:30am WF Starts 6/17	Aquacise (Nancy) 9:00–10:00am	Kickboxing (Heather) 9:35–10:35pm GX	Step (Jackie) 9:35–10:35am GX	Barbell Pump (Jackie) 9:35–10:35am GX	Zumba® (Amy) 9:20–10:20am GX FF
Silversneakers® Splash (Jen) 10:00–10:45am P	Barbell Pump (Jackie) 9:35–10:35am GX	Aquacise (Cathi) 10:00–11:00am	Tai Chi (Carol) 10:40–11:35am GX	Aquacise (Cathi) 10:00–11:00am	Yoga (Katie) 10:00–11:00am MBD
Silversneakers® Yoga/Tai Chi (Carol) 10:40–11:35am GX	Silversneakers®Yoga (Carol) 10:40–11:35am GX	Active Older Adult Zumba® (Alicia) 10:45–11:30am GX	Delay The Disease Registration required 11:00–12:00pm BG	Dance Fit Gold (Monica) 10:45–11:30am GX	
Circuit (Dorine) 11:45–12:30pm GX	Barbell Pump (Sondra) 11:45–12:30pm GX	Yoga (Julie) 10:30–11:30am MBD	Barbell Pump (Sondra) 11:45–12:30pm GX	Circuit (Jamie) 11:45–12:30pm GX	Sunday
Silversneakers® Classic (Jackie) 1:00–1:45pm GX	Cycling* (Dorine) 11:45–12:30pm CR	Circuit (Dorine) 11:45–12:30pm GX	Cycling* (Mary) 11:45–12:30pm CR		Barbell Pump (Sondra/Michelle) 1:00–2:00pm GX
Barbell Pump (Emily) 4:45–5:30pm GX	Silversneakers®Yoga (Allison) 1:00–2:00pm GX	Silversneakers® Classic (Julie) 1:00–1:45pm GX			POUND® (Heather) 3:45–4:45pm GX FF
Aqua Zumba® (Jill) 5:15–6:00pm P	Delay The Disease Registration required 1:00–2:00pm BG	Barbell Pump (Emily) 4:45–5:30pm GX			Zumba® (Alicia) 5:00–6:00pm GX FF
Yoga (Anand) 5:30–6:30pm MBD	Aquacise (Nancy) 5:30–6:30pm P	Barre Fusion (Jill) 5:30–6:30pm MBD	TBC Express (Kelly) 5:30–6:00pm WF Starts 6/20		
Ultimate Strength and Cardio (Ashley) 5:35–6:35pm GX FF	Zumba® (Lori) 5:30–6:30pm GX FF	Ultimate Strength and Cardio (Ashley) 5:35–6:35pm GX FF	Aquacise (Nancy) 5:30–6:30pm		KEY: BG = Big Gym GX = Group Exercise Studio
Aqua Interval (Racquel) 6:10–7:00pm P FF	Generation POUND® Youth Kickboxing** (Heather) 6:15–7:00pm MBD	Aqua Interval (Kim) 6:10–7:00pm	Zumba® (Lori) 5:35–6:35pm GX FF		CR = Cycle Room MBD = Mind Body Dance Studio WF -Wellness Floor
Cycling* (Laurie) 6:30–7:15pm CR	Cycling* (Laurie) 6:30–7:15pm CR	Cycling* (Laurie) 6:30–7:15pm CR			P = Pool FF = Family Friendly Classes. (Ages 10+
Dance Fit (Lori) 6:40–7:30pm GX FF	Yoga (Michelle) 7:00–8:00pm MBD		Yoga (Michelle) 7:00–8:00pm MBD		With parent present) * Sign up for this class 24 hours in advance
Core and More (Laurie) 7:15–7:35pm CR	Core and More (Laurie) 7:15–7:35pm CR	Core and More (Laurie) 7:15–7:35pm CR			** Youth fitness ages 6+

Class Descriptions

Cardio

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.

DanceFit Gold uses current radio and oldies hits to inspire fun, gentle dance moves.

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.

Zumba®Gold 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 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.

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 Body Conditioning (TBC) Express-Participants can expect intervals of high intensity cardio and strength training to create a full fitness training experience. This accelerated class program will improve participants overall athleticism in a lively 30 mins with modifications for all fitness levels.

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.

Ultimate Strength & Cardio-USC is an interval workout for muscular strength, endurance and cardio vascular systems that focus on functional training using weights, body weight and variable resistance.

Ultimate Strength & Cardio (USC) Express- is an interval workout broken down into an energetic 30 minutes focusing on muscular strength/endurance and cardiovascular systems

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.