



Group Exercise Schedule (September 3-December 21)

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|---|
| Circuit (Lauren) 5:30-6:30am GX | Barbell Pump (Emily) 5:30-6:30am GX | Cycling (Emily) 5:30-6:15am CR | Barbell Pump (Emily) 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 (Breann/Emily) 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 |
| Studio Walk (Heather) 8:45-9:30am MBD NEW | | | | | |
| Aqua Zumba@ (Amy) 9:00-9:45am P | 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 |
| Yoga (Allison) 9:30-10:30am MBD | POUND@ (Heather) 8:45-9:30am MBD | Cycling* (Stephanie) 9:30-10:15am CR | Barre Fusion (Kelsey) 8:45-9:30am MBD NEW | | Circuit (Justin) 8:30-9:15am BG FF |
| Mixed Fit@ (Brooklyn) 9:35-10:35am GX FF | Aquacise (Breann) 9:00-10:00am P | Zumba@ (Alicia) 9:35-10:35pm GX FF | Aquacise (Cathi) 9:00-10:00am P | Barbell Pump (Jackie) 9:35-10:35am GX | Zumba@ (Amy) 9:20-10:20am GX FF |
| Silversneakers@ Splash (Jen) P | Barbell Pump (Jackie) 9:35-10:35am GX | Aquacise (Cathi) 10:00-11:00am P | Step (Jackie) 9:35-10:35am GX | Aquacise (Cathi) 10:00-11:00am P | 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 | | Tai Chi (Carol) 10:40-11:35am GX | AOA Zumba@ (Alicia) 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 | Delay The Disease Registration required 11:00-12:00pm BG | 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 | Barbell Pump (Sondra) 11:45-12:30pm GX | | Barbell Pump (Michelle/Sondra) 1:00-2:00pm GX |
| Barbell Pump (Emily) 4:45-5:30pm GX | Silversneakers@Yoga (Allison) 1:15-2:00pm GX | Silversneakers@ Classic (Julie) 1:00-1:45pm GX | Cycling* (Trina) 11:45-12:30pm CR | | 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 NEW |
| Yoga (Anand) 5:30-6:30pm MBD | Aquacise (Nancy) 5:30-6:30pm P | Barre Fusion (Jill) 5:30-6:30pm MBD | Aquacise (Nancy) 5:30-6:30pm P | | SPECIAL Class Schedule on November 28 and 29 |
| 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 | Zumba@ (Lori) 5:30-6:30pm GX FF | | KEY: BG = Big Gym GX = Group Exercise Studio CR = Cycle Room MBD = Mind Body Dance Studio WF -Wellness Floor |
| 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 P FF | | | P = Pool FF = Family Friendly Classes. (Ages 10+ |
| Cycling* (Laurie) 6:30-7:15pm CR | Cycling* (Laurie) 6:30-7:15pm CR | Cycling* (Laurie) 6:30-7:15pm CR | | | With parent present) * Sign up for this class 24 hours in advance |
| Dance Fit (Lori) 6:40-7:30pm GX FF | Barre (Thea) 7:00-8:00pm MBD | | Yoga (Andrea) 7:00-8:00pm MBD | | ** Youth fitness ages 6+ |
| Core and More (Laurie) 7:20-7:45pm CR | Core and More (Laurie) 7:20-7:45pm CR | Core and More (Laurie) 7:20-7:45pm CR | | | |

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.

Studio Walk is a Basic, easy to follow workout which will give you the equivalent of a 2 mile walk. Class ends in the large gym with a 15 minute power walk, cool down and stretch.

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 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® 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.