



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

DOWNTOWN YMCA 430 SOUTH 20TH STREET, OMAHA, NE 68102 (402) 341-1600

Effective Jan 1st– April 1st 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle (Jim) 5:30-6:15am CS		Cycle (Angela/Jim) 5:15-6:00am CS		Cycle (Jim) 5:30-6:15am CS	BODYPUMP™ (Stacey) 7:00-8:00am GXS
Yoga (Lindsey) 5:45-6:45am YPS	Barre/Pilates (Stacey) 5:45-6:30am YPS	Yoga (Lindsey) 5:45-6:45am YPS	Barre/Yoga (Lindsey) 5:45-6:30am YPS	Yoga (Abbie) 5:45-7:00am YPS	Cycle/Abs (Anthony/Angela) 8:00-9:15 am CS
BODYATTACK™ (Katie) 6:00-6:45am GXS	BODYPUMP™ (Diane) 6:00-7:00am GXS	BODYATTACK™ (Katie/Beth B.) 6:00-6:45am GXS	BODYPUMP™ (Diane) 6:00-7:00am GXS	Total Body Conditioning (Dan) 6:00-7:00am GXS	BODYATTACK™ (Katie) 8:15-9:00am GXS
AQUA ZUMBA® (Cathi) 6:00am-6:45am P		AQUA ZUMBA® (Cathi) 6:00am-6:45am P			Abs/Core (Dan) 8:30-9:00am YPS
SilverSneakers® Classic (Danielle) 9:00-10:00am GXS	AQUA ZUMBA® (Nilah) 11:15am-12:00pm P	SilverSneakers® Classic (Danielle) 9:00-10:00am GXS	AQUA ZUMBA® (Nilah) 11:15am-12:00pm P	SilverSneakers® Classic (Danielle) 9:00-10:00am GXS	Yoga (Teniesha) 9:15-10:15am YPS
BODYPUMP™ (Crystal) 11:45am-12:45pm GXS	Yoga (Amber/ Teniesha) 12:00-1:00pm YPS	BODYPUMP™ (Mary) 11:45am-12:45pm GXS	Yoga (Teniesha) 12:00-1:00pm YPS	BODYPUMP™ (Crystal) 11:45am-12:45pm GXS	MIXXEDFIT™ (Maria) 9:15-10:15am GXS
Cycle (Bill) 11:45-12:30pm CS	Total Body Conditioning (Dan) 12:15-1:00pm GXS	Cycle (Bill) 12:15-1:00pm CS	Total Body Conditioning (Rowan) 12:15-1:00pm GXS	Cycle (Mary) 12:15-1:00pm CS	POUND® (Beth N.) 11:00-11:45am GXS
Cycle (David) 4:30-5:15pm CS	Kettle Power (Jamie) 4:30-5:00pm GXS		Kettle Power (Jamie) 4:30-5:00pm GXS		
AQUA ZUMBA® (Nilah) 5:00-5:45pm P	Aqua Choice (Colleen) 5:00-5:45pm P	AQUA ZUMBA® (Nilah) 5:30-6:15pm P	Deep Water (Bev) 5:00-5:45pm P		
Kettle Power (Jordan) 5:00-5:45pm GXS	Barre/Pilates (Jamie) 5:15-6:15pm YPS	Cycle (David/Bill) 4:30-5:15pm CS	Barre/Pilates (Jamie) 5:15-6:15pm YPS		Announcements: Modified Schedule Jan 14 th - BODYPUMP™ Launch!
Cycle/Abs (David) 5:30-6:30pm CS		Cycle/Abs (Bill) 5:30-6:30pm CS			
BODYPUMP™ (Kirsten/Diane) 6:00-7:00pm GXS	Total Body Conditioning (Brittany) 5:30-6:30pm GXS	Yoga (Teniesha) 6:00-7:00pm YPS	Total Body Conditioning (Dan) 5:30-6:30pm GXS		
Yoga (Abbie) 6:00-7:00pm YPS	POUND® (Beth B.) 6:45-7:30pm GXS	BODYPUMP™ (Crystal) 6:30-7:30pm GXS	MIXXEDFIT™ (Maria) 6:40-7:40pm GXS		
MIXXEDFIT™ (Maria) 7:10-8:10pm GXS	Core Power (Beth B.) 7:35-8:00pm GXS				
CS Cycling Studio Floor 2	P POOL Floor 2	YPS Yoga/Pilates Studio Floor 3	GXS Group Exercise Studio Floor 3		New Class/New Time or location

Questions or feedback contact Danielle Abbott, Downtown Group Exercise Lead via email dabbott@metroyymca.org or phone at 402-341-1600

DOWNTOWN YMCA

Class Descriptions

AQUA CLASSES

Aqua Choice is a moderately high aerobics workout without traumatic impact to the joints. The instructor will try a variety of different aerobics workouts. No swimming experience required.

Aqua Zumba® is a challenging, water-based workout that's cardio conditioning, body toning and exhilarating. This workout features the same Latin-style dancing found in Zumba and adds in extra resistance as participants move through the water, making the workout more intense. Instructor can modify for individuals that would like a less intense workout.

Deep Water: Workout is a moderate intensity water workout with no impact on your joints. Must be comfortable in the deep water. Noodles or belts are used during class. Take your marathon, triathlon and cycling to the next level!

ACTIVE OLDER ADULT CLASSES

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

CARDIO CLASSES

BODYATTACK™ is a high-energy interval training class combining athletic aerobic movements with strength and stabilization exercises.

Cycle: Get an aerobic workout that's easy on your joints with Cycle class. Our indoor Cycle classes simulate outdoor riding with sprinting, hill climbing and other techniques. Classes may include core work too, to strengthen your abdomen and lower back. All levels are welcome, and workouts can be adapted to fit your goals and needs.

Cycle/Abs: The best of both worlds, a great Cycle workout with an added 15 minutes of Core Strengthening to the end of class.

MIXEDFIT® is a people-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive.

POUND™ is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometric and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

MIND BODY CLASSES

Pilates: This is a conditioning program that improves muscle control, flexibility, coordination, strength and tone. Based on proper breathing, good posture and intense concentration, the exercises are performed on a mat.

Barre/Pilates or Barre/Yoga: This class will be a fusion of Barre technique and traditional Pilates or Yoga. Other equipment will be incorporated: barre, large and small stability balls, weights, bands, Pilates circles, and blocks.

Yoga builds a strong body, mind and spirit. This class incorporates yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility. Chair support or yoga props are offered to safely perform exercises. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

STRENGTH CLASSES

Abs/Core a quick and effective workout designed to get your core in shape. Selected equipment may be used including stability ball, bands, or weights. Lower back exercises may be implemented. All levels are welcome.

BODYPUMP™ is designed for all fitness levels. This barbell class delivers real results, real fast. This athletic based workout uses barbells with adjustable weights to work every major muscle group in the body. With motivating music, this class strengthens, tones and defines the body as nothing else can.

Core Power: This class will help improve your body's overall functional strength, balance and coordination. Tone and reshape your body with this fun class.

Kettle Power Fast, fun and effective! A 3-dimensional workout gets your body moving in 3 directions for a more effective whole body workout! Kettlebells is a full body workout that gives you all the cardio and muscle toning you can handle. The intent of a kettlebell is to increase strength, endurance, and agility while challenging the cardiovascular and muscular system by doing dynamic functional movements. ** Not recommended for those that have lots of back problems*

Total Body Conditioning: Participants can expect intervals of high intensity cardio and strength training to create a fitness training experience. This class will improve participants overall fitness, agility, speed and athleticism in this high intensity class. Modifications can be made for all fitness levels but be prepared to push yourself!