



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

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

Effective May 30<sup>th</sup> - Sept 3<sup>rd</sup>, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle (Jim/Steve) 5:30-6:15am CS		Cycle (Rachel) 5:30-6:15am CS		Cycle (Jim/Steve) 5:30-6:15am CS	BODYPUMP™ (Stacey) 7:00-8:00am GXS
AQUA ZUMBA® (Cathi) 6:00-6:45am	Barre/Pilates (Stacey) 5:45-6:30am YPS	AQUA ZUMBA® (Cathi) 6:00-6:45am	Yoga (Lindsey) 5:45-6:45am YPS	Yoga (Abbie) 5:45-7:00am YPS	Cycle/Core (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	Yoga (Sarah) 8:15am-9:00am GXS
SilverSneakers® Classic (Danielle) 9:00-10:00am GXS		SilverSneakers® Classic (Danielle) 9:00-10:00am GXS		SilverSneakers® Classic (Crystal) 9:00-10:00am GXS	Core (Dan) 8:30-9:00am YPS
	AQUA ZUMBA® (Nilah) 11:15am-12:00pm		AQUA ZUMBA® (Nilah) 11:15am-12:00pm		MIXXEDFIT™ (Maria) 9:15-10:15am GXS
BODYPUMP™ (Crystal) 11:45am-12:45pm GXS	Cycle (Hayley) 11:45-12:30pm CS	BODYPUMP™ (Mary) 11:45am-12:45pm GXS	Cycle (Hayley) 11:45-12:30pm CS	BODYPUMP™ (Crystal) 11:45am-12:45pm GXS	
	Yoga (Amber) 12:00-1:00pm YPS		Yoga (Sarah) 12:00-1:00pm YPS		
Cycle (Bill) 12:15-1:00pm CS	Total Body Conditioning (Rowan) 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	
Cycle (David) 4:30-5:15pm CS	Bodyweight Training (Jamie) 4:30-5:15pm GXS	Cycle (David/Bill) 4:30-5:15pm CS	Bodyweight Training (Jamie) 4:30-5:15pm GXS		
Pound® (Beth N.) 5:00-5:45pm GXS	Aqua Choice (Colleen) 5:00-5:45pm	Pound® (Beth B.) 5:00-5:45pm GXS	Deep Water (Jennifer) 5:00-5:45pm		
Cycle/Core (David) 5:30-6:30pm CS	Pilates (Jamie) 5:30-6:15pm YPS MIXXEDFIT™ (Maria) 5:30-6:30pm GXS	Cycle (Bill) 5:30-6:15pm CS	Barre (Jamie) 5:30-6:30pm YPS MIXXEDFIT™ (Maria) 5:30-6:30pm GXS		<b>Announcements:</b> <b>Holiday Schedules - Independence Day, July 4<sup>th</sup></b> <b>Labor Day, Sept 4<sup>th</sup></b>  <b>COMMUNITY DAYS Try the Y For FREE - We are open!</b> <b>Independence Day: Tuesday, July 4</b>
BODYPUMP™ (Kirsten) 6:00-7:00pm GXS		BODYPUMP™ (Diane) 6:00-7:00pm GXS			
Yoga (Abbie) 6:00-7:00pm YPS		Yoga (Katie) 6:00-7:00pm YPS			
Rhythm & Sweat (Leah) 7:10-8:10pm GXS	BODYPUMP™ (Carla) 6:45-7:45pm GXS		BODYPUMP™ (Carla) 6:45-7:45pm GXS		

<b>LEGEND</b>	<b>CS</b> Cycling Studio Floor 2	<b>POOL</b> Floor 2	<b>YPS</b> Yoga/Pilates Studio Floor 3	<b>GXS</b> Group Exercise Studio Floor 3	<b>Family Friendly</b> 8-11 yr old accompanied by an adult. Ages 12+ may attend independently.
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Questions or feedback contact Danielle Abbott, Downtown Group Exercise Coordinator email [dabbott@metroyymca.org](mailto:dabbott@metroyymca.org) or phone at 402-341-1600

## 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.

## 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!

## 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/Core:** The best of both worlds, a great Cycle workout with an added 15 minutes of core strengthening to the end of class.

**MIXXEDFIT®** 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!

**Rhythm & Sweat™** is a dance fitness format that will help burn fat and tone muscles. Concentrating on toning, jumping jacks, body rolls, squats, dumbbells and of course droppin it low.....Get ready to sweat!!

## MIND BODY CLASSES

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

**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.

**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

**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.

**Bodyweight Training:** Discover the strength, power, and endurance you can obtain simply training with your body.

**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!