



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 SEPTEMBER 5TH – DECEMBER 31ST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycling Jim/Steve 5:30-6:15am CS		Cycling Melissa 5:30-6:15am CS		Cycling Jim/Steve 5:30-6:15am CS	BODYPUMP® Stacey 7:00-8:00am GXS
Yoga Stephanie 5:30-6:30am MBS	Barre/Pilates Stacey 5:45-6:30am MBS	Yoga Stephanie 5:30-6:30am MBS	Barre/Pilates Stacey 5:45-6:30am MBS	Yoga Abbie 5:45-7:00am MBS	Cycling Circuit Angela 8:00-9:15 am CS
BODYATTACK® Katie 6:00-6:45am GXS	BODYPUMP® Diane 6:00-7:00am GXS	BODYATTACK® Katie/Beth 6:00-6:45am GXS	BODYPUMP® Diane 6:00-7:00am GXS	Total Body Conditioning (TBC) Dan 6:00-7:00am GXS	Core and More Dan 8:15am-9:00am MBS
Aqua Zumba® Cathi 6:00-6:45am		Aqua Zumba® Cathi 6:00-6:45am		SilverSneakers® Classic Suzanne 9:00-10:00am GXS	Yoga Sarah 9:15-10:15am MBS
SilverSneakers® Classic Danielle 9:00-10:00am GXS	Aqua Zumba® Nilah 11:15am-12:00pm	SilverSneakers® Classic Danielle 9:00-10:00am GXS	Aqua Zumba® Nilah 11:15am-12:00pm	Gentle Deep Stretch Suzanne 10:15-11:00am MBS	MixedFit® Maria 9:15-10:15am GXS
BODYPUMP® Express Diane 11:45am-12:30pm GXS	Cycling Donna 11:45-12:30pm CS Yoga Amber 12:00-1:00pm MBS	BODYPUMP® Mary 11:45am-12:45pm GXS	Cycling Hayley 11:45-12:30pm CS Yoga Sarah 12:00-1:00pm MBS	BODYPUMP® Theresa 11:45am-12:45pm GXS	
Cycling Bill 12:15-1:00pm CS	Total Body Conditioning (TBC) Rowan 12:15-1:00pm GXS	Cycling Bill 12:15-1:00pm CS	Total Body Conditioning (TBC) Rowan 12:15-1:00pm GXS	Cycling Mary 12:15-1:00pm CS	
Cycling David 4:30-5:15pm CS	STRONG by Zumba® Leah 4:30-5:25pm GXS	Cycling David/Bill 4:30-5:15pm CS	STRONG by Zumba® Nilah 4:30-5:25pm GXS		ANNOUNCEMENTS: Holiday Schedules – Thanksgiving, Nov 23 rd Christmas Day we will be Closed. Community days – Try the Y For FREE- We are Open! Labor Day, Halloween, Veterans Day, Thanksgiving, Christmas Eve, New Year's Eve
HIIT Melissa 5:00-5:45pm GXS	Aquacise Colleen 5:00-5:45pm	BODYATTACK® Beth 5:00-5:45pm GXS	Deep Water Jennifer 5:00-5:45pm		
Cycling David 5:30-6:15pm CS	Pilates Jamie 5:15-6:15pm MBS	Cycling Bill 5:30-6:15pm CS	Barre Jamie 5:15-6:15pm MBS		
BODYPUMP® Kirsten 6:00-7:00pm GXS	Insanity Crystal 5:30-6:10pm GXS	BODYPUMP® Crystal 6:00-7:00pm GXS	Insanity Crystal 5:30-6:10pm GXS		
Yoga Abbie 6:00-7:00pm MBS	BODYPUMP® Express Crystal 6:20-7:05pm GXS	Yoga Katie 6:00-7:00pm MBS	BODYPUMP® Express Crystal 6:20-7:05pm GXS		
Rhythm & Sweat Leah 7:15-8:15pm GXS	DanceFit Maria 7:15-8:15pm GXS		MixedFit® Maria 7:15-8:15pm GXS		

LEGEND	CS Cycling Studio Floor 2	POOL Floor 2	MBS Mind Body Studio Floor 3	GXS Group Exercise Studio Floor 3	NEW CLASSES
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Questions or feedback contact Danielle Abbott, Downtown Group Exercise Coordinator via email dabbott@metromca.org or phone at 402-930-4342

DOWNTOWN YMCA - Class Descriptions

AQUA CLASSES

Aquacise: 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®: 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.

Cycling: 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.

Cycling Circuit: Traditional cycling class format broken up into intervals incorporating, strength and plyometric work off of the bike. Wear tennis shoes to accommodate all exercises.

DanceFit: DanceFit uses easy to learn dance combinations set to fun music allowing participants to get a great workout.

Insanity: Insanity is a high-intensity workout combining cardio drills, athletic conditioning, and explosive moves to help you burn calories and improve your cardiovascular fitness. This workout requires no equipment.

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.

Rhythm & Sweat: Rhythm & Sweat is a dance fitness program format that will help you burn fat and tone muscles. This class incorporates jumping jacks, body rolls, squats and dumbbells to create a well-rounded workout.

STRONG by Zumba®: combines body weight strength training, cardio, and plyometric training moves and syncs them to original music to help push you to the end of every class.

MIND BODY CLASSES

Barre: Barre is a blend of low impact, high intensity cardio moves and strength training focusing on long, lean muscle building. Inspired by traditional ballet, yoga and Pilates, each class will focus on your core, glutes, thighs and arms. Bare feet or sticky socks are ideal for full extension. Dance experience NOT required.

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

Gentle Deep Stretch: Gentle Deep Stretch incorporates breath work and longer holds to improve flexibility. This class is ideal for students of all levels who are particularly tight or recovering from injuries.

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

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 and More: 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.

HIIT: High Intensity Interval Training has participants working through challenging cardio intervals while actively recovering with strength moves.

Total Body Conditioning (TBC): 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!