



Group Exercise Schedule

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycling (Lisa) 5:05-5:50am CS	USC (Adam) 5:05-6:00am G	Cycling (Donna) 5:05-5:50am CS	USC (Sarah) 5:05-6:00am G	BODYCOMBAT™ (Amy) 5:05-6:00am PS	BODYCOMBAT™ (Amanda) 7:15-8:15am AS
Step & Sculpt (Maria) 5:15-6:15am AS	BODYPUMP™ (Emily) 5:30-6:30am AS	BODYCOMBAT™ (Amy) 5:05-6:00am G	BODYPUMP™ (Donna) 5:30-6:30am AS		Cycling (Steve) 7:15-8:00am CS
Transform (Theresa) 5:20-6:15am PS	Cycling (Allyssa) 5:30-6:30am CS	Step & Sculpt (Maria) 5:15-6:15am AS	Cycling (Jeff) 5:30-6:30am CS	Step & Sculpt (Maria) 5:30-6:30am AS	BODYPUMP™ (Lexi) 8:25-9:25am AS
Cycling (Jeff) 6:00-6:45am CS		Cycling (Jeff) 6:00-6:45am CS		Cycling (Jeff) 6:00-6:45am CS	
AquaZumba® (Andrea) 8:00-8:50am P	Aquacise (Jane) 8:00-8:55am P	AquaZumba® (Karin) 8:00-8:50am P	Aquacise (Jane) 8:00-8:55am P	AquaZumba® (Karin) 8:00-8:50am P	Aqua Combo 8:00-8:55am P
Aqua Toning (Tammy) 9:00-9:45am P	SilverSneakers® Splash (Jane) 9:00-9:45am P	Aqua Toning (Jane) 9:00-9:40am P	SilverSneakers® Splash (Jane) 9:00-9:45am P	Aqua Toning (Sara) 9:00-9:45am P	Cycling (Cynthia) 8:15-9:15am CS
Aqua Fierce (Tammy) 9:45-10:30am P	Zumba® Toning (Karin) 8:30-9:25am AS	Deep Water (Michelle) 9:45-10:30am P	Total Body Fit (Andrea) 8:30-9:25am AS	Aqua Fierce (Sara) 9:45-10:30am P	Zumba® (Cynthia) 9:30-10:30am AS
Zumba® Toning Gold (Cynthia) 8:15-9:10am AS	Cycling (Koral) 9:15-10:00am CS	Low Impact Cardio Strength (Tammy) 8:15-9:10am AS	Cycling (Theresa) 9:15-10:00am CS	Low-Impact Cardio Strength (Tammy) 8:15-9:10am AS	FIERCE (Allyssa) 10:35a-11:20am AS
Cycling (Donna) 8:15-9:00am CS					
CSC (Theresa) 8:30-9:20am G	FIERCE (Kristin) 9:15-10:10am G	Cycling (Lisa) 8:15-9:00am CS	Zumba® (Karin) 9:30-10:30am AS	Cycling (Koral) 8:15-9:00am CS	
Zumba® (Karin) 9:20-10:20am AS	Pound (Andrea) 9:30-10:20am AS	CSC (Annette) 8:30-9:20am G	Yoga (Nicole) 10:35-11:35am AS	CSC (Theresa) 8:30-9:20am G	SUNDAY
Cycling (Donna)* 9:15-10:00am CS	Yoga (Kristin) 10:35-11:35am AS	BODYPUMP™ (Lisa) 9:20-10:20am AS		BODYPUMP™ (Koral) 9:20-10:20am AS	BODYCOMBAT™ (Sarah) 8:05-9:05am AS
BODYPUMP™ (Theresa) 10:25-11:25am AS	AquaFierce (Jeanne) 11:30am-12:15pm P	BODYCOMBAT™ (Andrea) 10:30-11:30 AS	AquaFierce (Jeanne) 11:30am-12:15pm P	BODYCOMBAT™ (Andrea) 10:30-11:30am AS	Cycling (Jade) 8:15-9:15am CS
FIERCE (Kristin) 11:45am-12:30pm AS	Cycling (Julia) 11:50am-12:30pm CS		Delay the Disease 11:45am-12:45pm AS	Lunchbreak Yoga (Kristin) 11:45am-12:30pm AS	Family Pound (Lindsay) 12:30-1:15pm AS
			Cycling (Julia) 11:50am-12:30pm CS		
SilverSneakers® Classic (Tammy) 12:45-1:45pm AS	SilverSneakers® Yoga (Karin) 1:00-1:45pm AS	Zumba® Toning (Andrea) 11:45am-12:30pm AS	SilverSneakers® Yoga (Tammy) 1:00-1:45pm AS	SilverSneakers® Classic (Tammy) 12:45-1:45pm AS	Zumba® (Lindsay) 1:30-2:30pm AS
Family Yoga (Meg) 4:30-5:25pm PS		SilverSneakers® Classic (Andrea) 12:45-1:45pm AS		Family Yoga (Kristin) 4:45-5:30p PS	Yoga (Theresa) 1:30-2:30pm PS
CSC (Sara) 4:30-5:20pm AS	BODYCOMBAT™ (Amy) 4:35-5:35pm AS	BODYPUMP™ (Emily) 4:30-5:30pm AS		BODYPUMP™ (Brandie) 4:30-5:30pm AS	BODYPUMP™ (Dave) 2:35-3:35pm AS
Zumba® Toning (Karin) 5:25-6:20pm AS	Cycling (Theresa) 4:35-5:35pm CS	Zumba® Kids (Lindsay) 4:30-5:15pm PS	CSC (Theresa) 4:35-5:20pm AS	Family Fitness (Kristin) 5:40-6:30pm AS	
Cycling (Melissa) 5:30-6:15pm CS	danceFit (Angela) 5:40-6:30pm AS	Cycling (Jade) 5:30-6:15pm CS	danceFit (Annette) 5:30-6:30pm AS	<p align="center">Sarpy Community YMCA 1111 East 1st Street, Papillion, NE 68046 402-339-9861 Effective January 1-May 27, 2017</p> <p align="center">[AS-Aerobic Studio] [G-Gym] [P-Pool] [PS-Preschool] *Season Class January 1-March 29, 2017</p>	
Total Body Fit (Allyssa) 5:45-6:30pm PS	Cycling (Steve) 6:00-6:45pm CS	Pound (Lindsay) 5:40-6:30pm AS	BODYPUMP™ (Lexi) 6:35-7:35pm AS		
BODYCOMBAT™ (Sarah) 6:30-7:30pm AS	BODYPUMP™ (Dave) 6:35-7:35pm AS	BODYCOMBAT™ (Amanda) 6:00-7:00pm PS	Yoga (Jill) 7:00-8:00pm PS		
AquaZumba® (Cynthia) 7:15-8:00pm P	Yoga (Jill) 7:05-8:05pm PS	Zumba® (Erica) 6:45-7:45pm AS	AquaCombo (Tammy) 7:45-8:30pm P		
Zumba® (Karianne) 7:35-8:25pm AS	AquaCombo (Tammy) 7:45-8:30pm P				

Cardio

BODYCOMBAT™ allows you to punch and kick your way to fitness. This high-energy martial arts inspired workout is totally non-contact and there are no complex moves to master. You'll release stress, have a blast and feel like a champ.

Cycling is an aerobic/anaerobic workout on a stationary bike designed for all fitness levels.

danceFit uses easy to learn dance combinations set to today's top hits to torch calories and have a ton of fun.

Zumba® is an upbeat class that combines the moves and music of dance with the cardiovascular power of aerobics.

Strength

BODYPUMP™ uses light to moderate weight with lots of repetition to give you a total body workout. Instructors will coach you through scientifically proven moves and techniques pumping out encouragement, motivation, and great music. You'll leave the class feeling challenged and motivated, ready to come back for more.

Tota Body Fit is a class using a variety of equipment to help you strengthen and tone your whole body.

Combo

CSC—Cardio Strength Circuit will allow you to work upper and lower body while keeping your heart rate up. Look to burn lots of calories and challenge yourself in this fun class.

Low-Impact Cardio Strength is a low-impact, fat-burning workout that is easy on your joints.

FIERCE is a class that takes cardio training and adds functional, resistance training and core exercises to provide an amazing, full-body workout.

Pound® uses the inspiration of drumming to take you through an action-packed cardio and strength workout.

SilverSneakers® Classic includes a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

Step & Sculpt utilizes a platform bench for cardiovascular conditioning and free weights or resistance tubing to strengthen all of your muscle groups. Intermediate choreography will be used in this class and options will be shown to increase/decrease intensity levels.

Ultimate Strength & Cardio (USC) is an interval workout for muscular strength, endurance and cardiovascular systems that focus on functional training utilizing weights, body weights and variable resistance.

Zumba® Toning teaches how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs.

Zumba® Gold-Toning combines the enticing international rhythms of a slower-paced Zumba® Gold dance-fitness class with the sculpting moves of a Zumba® Toning class, creating an easy-to-follow, health-boosting dance-fitness program anyone can enjoy!



Did you know? There is an App for our schedule! Simply search "YMCA of Greater Omaha" in the app store. Use your

Mind/Body

Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. 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. This class is shoe friendly.

Transform is inspired by uniting two disciplines—yoga and sport, extracting from these practices to create an integrated and unique experience.

Yoga is inspiring, energizing and calming. Breathing and relaxation exercise techniques form a complete mind and body workout.

Youth Classes (Youth Ages 8-13)

Zumba Kids features kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

NEW! Family Classes (Youth Ages 6-7 attending with an actively participating parent, youth age 8-13 may attend unaccompanied)

Family Yoga share the experience of yoga with your whole family. Participants will learn basic yoga poses and breathing.

Family Fitness this fun class will incorporate games and drills to get the whole family active and enjoying all of the aspects of physical fitness.

Family Pound gives your younger members the opportunity to experience the fun of drumming with this action-packed workout.

Aqua *No swimming experience required.*

Aquacise is a moderately high aerobics workout with low impact to the joints. Develop increased muscular tone, and flexibility.

AquaFierce is a class that uses high intensity intervals and strength training in the pool to improve cardiovascular function and muscle tone.

Aqua Zumba® is a challenging, water-based workout that trains the cardiovascular system, strengthens the muscles, and ups the fun-factor!

Aqua Combo utilizes the shallow and deep water for a great cardio strength combo class.

Aqua Toning utilizes handbuoys and the resistance of the water to help strengthen your body and improve muscle tone.

Deep Water Workout is a high intensity water workout with no impact on your joints. Must be comfortable in the deep water. Noodles or belts are used during class.

SilverSneakers® Splash is a fun aerobics class just for seniors. Combines moderate aerobics workout with flexibility, and muscular resistance.

Medically Based Wellness

Delay the Disease is a fitness program designed to empower people with Parkinson's disease (PD) by optimizing their physical function and helping to delay the progression of symptoms. Participants can start at any time but pre-registration is recommended. Contact Theresa Lovings for more details, tlovings@metroymca.org.

Our group exercise classes are available to all of our members age 14+, unless noted as one of our Youth or Family classes.