



# Group Exercise Schedule

May 28 – July 1, 2017

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 AS	BODYCOMBAT™ (Amanda) 7:15-8:15am AS
Step Interval (Michelle) 5:15-6:15am AS	BODYPUMP™ (Brandie) 5:30-6:30am AS	BODYCOMBAT™ (Amy) 5:05-6:00am PS	BODYPUMP™ (Donna) 5:30-6:30am AS	Cycle and Core (Michelle) 5:15-6:15am CS	Cycling (Steve) 7:15-8:00am CS
Transform (Theresa) 5:30-6:20am PS	Cycling (Allyssa) 5:30-6:30am CS	Fierce (Elizabeth) 5:15-6:15am AS	Cycling (Jeff) 5:30-6:30am CS	Transform (Emily) 5:30-6:20am PS	BODYPUMP™ (Lexi) 8:20-9:20am AS
Cycling (Jeff) 6:00-6:45am CS		Cycling (Jeff) 6:00-6:45am CS		Cycling (Jeff) 6:00-6:45am CS	
Aqua Combo (Michelle) 6:30-7:15am P	Aquacise (Jane) 7:30-8:15am P	AquaZumba® (Karin) 7:30-8:15am P	Aquacise (Jane) 7:30-8:15am P	AquaZumba® (Lindsay) 8:00-8:50am P	Aqua Combo (Mo) 8:00-8:55am P
AquaZumba® (Andrea) 7:15-8:00am P	Water Walk (Jane) 8:20-8:50am P	Aqua Toning (Jane) 8:15-9:00am P	Water Walk (Jane) 8:20-8:50am P	Aqua Toning (Sara) 9:00-9:45am P	Cycling (Cynthia) 8:15-9:15am CS
Aqua Toning (Tammy) 8:00-8:45am P					
Aqua Fierce (Tammy) 9:45-10:30am P	SilverSneakers® Splash (Jane) 9:00-9:45am P	Deep Water (Michelle) 9:45-10:30am P	SilverSneakers® Splash (Jane) 9:00-9:45am P	Aqua Fierce (Sara) 9:45-10:30am P	Zumba® (Cynthia) 9:30-10:30am AS
Zumba® Toning Gold (Cynthia) 8:00-8:50am AS	Zumba® Toning (Karin) 8:15-9:10am AS	Low Impact Cardio Strength (Tammy) 8:00-8:50am AS	Total Body Fit (Andrea) 8:15-9:10am AS	CSC (Autumn) 7-7:50am G Low-Impact Cardio Strength (Tammy) 8:00-8:50am AS	FIERCE (Allyssa) 10:35a-11:20am AS
Cycling (Donna) 8:45-9:30am CS	Cycling and Core (Lisa) 9:15-10:15am CS	Cycling (Michelle) 8:05-8:50am CS	Cycling (Allison) 9:15-10:00am CS	Cycling (Theresa L) 8:15-9:00am CS	
Zumba® (Karin) 9:00-9:50am AS	Pound (Andrea) 9:20-10:05am AS	BODYPUMP™ (Lisa) 9:00-10:00am AS	Zumba® (Karin) 9:20-10:10am AS	BODYCOMBAT™ (Andrea) 9:00-9:50am AS	<b>SUNDAY</b>
Zumba® Kids (Karianne) 9:00-9:45am O	Kids on the Move (Lindsay) 9:15-10:00am O	Zumba® Kids (Karianne) 9:00-9:45am O	Kids on the Move (Lindsay) 9:15-10:00am O		BODYCOMBAT™ (Sarah) 8:05-9:05am AS
BODYPUMP™ (Brandie) 10:00-11:00am AS	Yoga (Kristin) 10:20-11:20am AS	CSC (Annette) 10:10-11:00am AS	Yoga (Nicole) 10:20-11:20am AS	RIP (Andrea) 10:00-11:00am AS	Yoga (Theresa) 12:15-1:15 AS
CSC Express (Brandie) 11:10-11:40 AS	AquaFierce (Jeanne) 10:30am-11:15pm P	BODYCOMBAT™ (Andrea) 11:10-11:50 AS	AquaFierce (Jeanne) 10:30am-11:15pm P	Fierce Express (Kristin) 11:10-11:40am AS	Zumba® (Lindsay) 1:30-2:30pm AS
Fierce (Kristin) 11:45am-12:30pm AS	Zumba® (Karianne) 11:45am - 12:30pm AS Cycling (Julia) 11:50am-12:30pm CS	Zumba® Toning (Andrea) 11:55am-12:40pm AS	Delay the Disease 11:45am-12:45pm AS Cycling (Julia) 11:50am-12:30pm CS	Yoga (Kristin) 11:45-12:30pm AS	BODYPUMP™ (Dave) 2:35-3:35pm AS
SilverSneakers® Classic (Anne) 12:45-1:45pm AS	SilverSneakers® Yoga (Karin) 1:00-1:45pm AS	SilverSneakers® Classic (Andrea) 12:45-1:45pm AS	SilverSneakers® Yoga (Tammy) 1:00-1:45pm AS	SilverSneakers® Circuit (Tammy) 12:45-1:45pm AS	
Yoga (Meg) 4:30-5:20pm AS	BODYCOMBAT™ (Amy) 4:30-5:30pm AS	RIP (Michelle) 4:30-5:30pm AS	CSC (Sara) 4:30-5:20pm AS	BODYPUMP™ (Brandie) 4:30-5:30pm AS	
Cycling (Steve) 5:30-6:15pm CS Total	danceFIT (Angela) 5:40-6:30pm AS	Cycling (Jade) 5:30-6:15pm CS	danceFIT (Annette) 5:30-6:30pm AS		
Body Fit (Allyssa) 5:30-6:20pm AS	Cycling (Steve) 6:00-6:45pm CS	Pound (Lindsay) 5:40-6:30pm AS	BODYPUMP™ (Lexi) 6:35-7:35pm AS	<p align="center"><b>Sarpy Community YMCA</b> 1111 East 1<sup>st</sup> Street, Papillion, NE 68046 402-339-9861</p> <p align="center">Class times are shortened for the summer only, to allow for as many different formats and for members to have more variety. Effective May 28 – July 1, 2017 [AS-Aerobic Studio] [G-Gym] [P-Pool] [PS-Preschool] [O-Outside]</p> <p align="center">*Look for a change as of July 2, 2017</p> <p align="center">Try one of our express classes – our popular combo classes transformed into 30 minutes of fun for an effective program!</p>	
Zumba® (Lindsay) 6:00-7:00pm PS	BODYPUMP™ (Dave) 6:35-7:35pm AS	BODYCOMBAT™ (Amanda) 6:00-7:00pm PS			
BODYCOMBAT™ (Sarah) 6:30-7:30pm AS	Yoga (Jill) 7:05-8:05pm PS	CSC (Brandie) 6:20-7:10pm G	Yoga (Jill) 7:00-8:00pm PS		
AquaZumba® (Cynthia) 7:15-8:00pm P	AquaCombo (Tammy) 7:45-8:30pm P	Zumba® (Erica)* 6:45-7:45pm 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™** use 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.

**RIP by Group** is a barbell workout that incorporates functional orthopedic strength training, every moment plane is attacked using weights and bodyweight. Featuring safe and motivating exercises, and great music to create a thrilling group fitness atmosphere.

**Total 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.

**Cycling and Core** is an aerobic/anaerobic workout on a stationary bike designed for all fitness levels followed by core work to target and enhance all functional planes of movement.

**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 Interval** utilizes a platform bench for cardiovascular interval conditioning and free weights or resistance tubing to strengthen and tone. 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!

## 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)

**Kids on the Move** uses drills, games, and a variety of sports inspired activities to make moving fun for kids. Please register anytime at the Welcome Center. There is no fee for this class.

**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.

## 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 may be utilized during class.

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

**Water Walkng** join other members in a social environment while working on light walking endurance in the pool.

## 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 Allyssa Schamp for more details, [aschamp@metroymca.org](mailto:aschamp@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.**

**Did you know?** There is an App for our schedule! Simply search "YMCA of Greater Omaha" in the app store. Use your account established on our Matrix cardio equipment or create one in the app. The app has current group exercise schedule as well as schedules and information for the rest of our facility.

