



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® (Katie) 5:05-6:00am AS	BODYCOMBAT® (Amanda) 7:15-8:15am AS
Step Interval (Michelle) 5:15-6:15am AS	BODYPUMP® (Emily) 5:30-6:30am AS	BODYCOMBAT® (Sarah) 5:05-6:00am PS	BODYPUMP™ (Donna) 5:30-6:30am AS	Yoga (Laura) 5:30-6:20am PS	Cycling (Steve) 7:15-8:00am CS
Yoga (Theresa H) 5:30-6:20am PS	Cycling (Jeff) 5:30-6:30am CS	Fierce (Elizabeth) 5:15-6:15am AS	Cycling (Allyssa) 5:30-6:30am CS	Cycling (Jeff) 6:00-6:45am CS	
Cycling (Jeff) 6:00-6:45am CS		Cycling (Jeff) 6:00-6:45am CS			BODYPUMP® (Lexi) 8:20-9:20am AS
AquaZumba® (Andrea) 8:00-8:50am P	Aquacise (Jane) 8:00-8:50am P	AquaZumba® (Karin) 8:00-8:50am P	Aquacise (Jane) 8:00-8:50am P	AquaZumba® (Andrea) 8:00-8:50am P	Aqua Blast (Mo) 7:55-8:55am P
Aqua Toning (Tammy) 9:00-9:45am P	SilverSneakers® Splash (Jane) 9:00-9:45am P	Aqua Toning (Sara) 9:00-9:45am 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 Interval (Tammy) 9:45-10:30am P	Deep Water (Karin) 9:45-10:30am P	Deep Water (Michelle) 9:45-10:30am P	Deep Water (Lindsay K) 9:45-10:30am P	Aqua Interval (Sara) 9:45-10:30am P	Zumba® (Cynthia) 9:30-10:30am AS
Zumba® Toning Gold (Cynthia) 8:15-9:10am AS	Zumba® Toning (Karin) 8:30-9:25am AS	Low Impact Cardio Strength (Tammy) 8:15-9:10am AS	Total Toning (Andrea) 8:30-9:20am AS	Low-Impact Cardio Strength (Tammy) 8:15-9:10am AS	FIERCE (Allyssa) 10:35a-11:20am AS
Cycling (Donna) 8:15-9:00am CS	Cycling (Lindsay K) 9:15-10:00am CS	Cycling (Koral) 8:15-9:00am CS	Cycling (Allison) 9:15-10:00am CS	Cycling (Koral) 8:15-9:00am CS	
Circuit (Sara) 8:30-9:20am G	Fierce (Kristin) 9:30-10:15am G	Circuit (Annette) 8:30-9:20am G		Circuit (Autumn) 8:30-9:20am G	SUNDAY
Cycling (Donna) 9:15-10:00am CS Begins October 9, 2017	BODYCOMBAT® (Andrea) 9:30-10:25am AS	BODYPUMP® (Koral) 9:20-10:20am AS	Zumba® (Karin) 9:30-10:25am AS	Barbell Pump (Andrea) 9:20-10:20am AS	BODYCOMBAT® (Sarah) 8:05-9:05am AS
Zumba® (Karin) 9:20-10:20am AS					
BODYPUMP® (Brandie) 10:30-11:30am AS	Power Yoga (Kristin) 10:30-11:20am AS	BODYCOMBAT® (Andrea) 10:30-11:30am AS	Yoga (Nicole) 10:30-11:30am AS	Zumba® Toning (Karianne) 10:30-11:30am AS	Yoga (Theresa H) 12:15-1:15pm AS
Fierce (Kristin) 11:45am-12:30pm AS	Aqua Interval (Jeanne) 10:30-11:15am P	Zumba® Toning (Andrea) 11:40am-12:30pm AS	Aqua Interval (Jeanne) 10:30-11:15am P	Yoga (Kristin) 11:45am-12:30pm AS	AquaZumba® (Lindsay) 12:30-1:15pm P
SilverSneakers® Circuit (Tammy) 12:45-1:45pm AS	Zumba® (Karianne) 11:30am - 12:15pm AS Cycling (Allyssa) 11:50am-12:30pm CS	SilverSneakers® Classic (Andrea) 12:45-1:45pm AS	Delay the Disease 11:45am-12:45pm AS Cycling (Brandie) 11:50am-12:30pm CS	SilverSneakers® Circuit (Tammy) 12:45-1:45pm AS	Zumba® (Lindsay W) 1:30-2:30pm AS
SilverSneakers® Classic (Anne) 2:00-3:00pm AS	SilverSneakers® Yoga (Karin) 1:00-1:45pm AS		SilverSneakers® Yoga (Tammy) 1:00-1:45pm AS		BODYPUMP® (Check the App) 2:35-3:35pm AS
Circuit (Autumn) 4:30-5:20pm AS	BODYCOMBAT® (Ai) 4:30-5:30pm AS	BODYPUMP® (Brandie) 4:30-5:30pm AS	Circuit (Brandie) 4:30-5:20pm AS	BODYPUMP® (Brandie) 4:30-5:30pm AS	
Zumba® Kids (Karianne) 4:30-5:15 PS		Power Yoga (Meg) 4:30-5:15pm PS			
Cycling (Steve) 5:30-6:15pm CS	Cycling (Adam) 5:30-6:15pm CS	Cycling (Theresa L) 5:30-6:15pm CS	danceFIT (Annette) 5:30-6:30pm AS	Family Yoga (Brynn) 4:30-5:15pm PS	 <p>Sarpy Community YMCA 1111 East 1st Street, Papillion, NE 68046 402-339-9861 Effective October 15 – December 31, 2017 Please check the app or website for any possible schedule changes. [AS-Aerobic Studio] [G-Gym] [P-Pool] [PS-Preschool] Delay the Disease requires pre-registration. Please inquire at the welcome center. For safety purposes, please listen to the instructor for any instruction on storing equipment that was used during class.</p>
Total Toning (Allyssa) 5:30-6:20pm AS	danceFIT (Angela) 5:35-6:25pm AS	BODYCOMBAT® (Amanda) 5:40-6:40pm AS	BODYPUMP® (Lexi) 6:35-7:35pm AS		
Zumba® (Karianne) 5:30-6:30 PS	BODYPUMP® (Dave) 6:35-7:35pm AS	Zumba® (Karin) 6:45-7:40pm AS			
BODYCOMBAT® (Sarah) 6:30-7:30pm AS	Yoga (Jill) 7:05-8:05pm PS		Yoga (Jill) 7:05-8:05pm PS		
Deep Water (Mo) 7:15-8:00pm P	Aqua Blast (Tammy) 7:45-8:30pm P	AquaZumba® (Lindsay W) 7:45-8:30pm P	Aqua Blast (Tammy) 7:45-8:30pm P		

Cardio

BODYCOMBAT™ is a workout where we punch and kick, but without contact. Participants get their whole bodies fit and strong, burn massive calories, relieve stress, feel empowered and have a blast. Supported by driving music and powerful role model instructors, participants will strike, punch and kick their way through calories to superior cardio fitness.

Cycling Improve your cardiovascular fitness in this high-energy class. Class can consist of interval work, hill climbs, flat road drills, along with other terrain. All fitness levels welcome. Bring a towel and a water bottle.

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

Zumba® mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Much of the music used in this class is Latin-rhythm inspired.

Strength

BODYPUMP™ is a barbell class based on THE REP EFFECT™, a proven formula that exhausts muscles using light weights and high repetitions, to sculpt, tone, and strengthen the entire body. Instructors will coach participants through the scientifically proven moves and techniques, pumping out encouragement, motivation, and great movement.

Barbell Pump is a high repetition, light weight, strength training class. Each song within the class has a specific strengthening focus allowing participants to engage all major muscle groups in a 60-minute session.

Total Toning uses a variety of equipment to strengthen and tone the entire body. Each class will blend a variety of movements to focus on overall body strength.

Combo

Circuit Combines upper and lower body strength moves with cardiovascular work to keep your heart rate up. This fun, challenging class is designed for all fitness levels.

Low-Impact Cardio Strength allows participants to improve their strength and cardiovascular systems. Participants will increase their heart rates with high energy, low-impact aerobic moves, and strengthen their muscles through the use of resistance tubing, dumbbells, or their bodyweight.

FIERCE combines cardio intervals set to a Tabata-inspired timer and strength training moves to provide you with a challenging workout. Instructors provide options to allow many fitness levels to find success.

SilverSneakers® Classic move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for support.

SilverSneakers® Circuit Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Focus on upper-body strength with hand-held weights, and use resistance tubes and a SilverSneakers ball for a low-impact aerobics workout (A chair is used for support.)

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 level.

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 incorporates the use of lightweight maraca-like Toning Sticks to enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Zumba® Gold-Toning blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles.

Mind/Body

Silver Sneakers Yoga® move through a whole-body series of seated and standing yoga poses and breathing exercises. 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.

Yoga the instructor will skillfully and gently guide participants through yoga postures for improved strength, balance and flexibility. Learn how to develop and control breathing through a series of flowing movements designed to strengthen and lengthen the muscles, developing a mind-body connection.

Power Yoga is a fluid, powerful, style of yoga that links movement and breath together and is based on the intuition rather than tradition. Heals, detoxifies and exhilarates the body and mind with emphasis on movement, balance and intention.

Youth Classes (Youth Ages 8-13)

Zumba Kids encourages a healthy lifestyles by making fitness fun. Classes use kid-friendly routines and incorporate games, activities and cultural exploration elements.

Family Yoga features kid-friendly routines based on traditional yoga poses.

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

Aqua *No swimming experience required.*

Aquacise This low-impact class emphasizes cardiovascular fitness, muscle endurance, and flexibility at a moderate level. Participants need to be comfortable in the water but will not be working in the deep end.

Aqua Interval incorporates elements of cardio and strength training. Participants will be encouraged to work at a level that challenges them giving a great workout.

Aqua Zumba® blends the fun of a Zumba® class with the low-impact environment of the water to create a fun, high-energy class.

Aqua Blast moderate to high intensity levels of cardio and muscular endurance utilizing your own body against the resistance of the water; dumbbells and noodles are also used for added resistance and variety of movements.

Aqua Toning utilizes handbuoys, the resistance of the water, and dynamic movements to create improved muscle tone and definition.

Deep Water This moderate to high intensity aerobic workout takes place in the deep end of the pool. Participants should be comfortable in deep water. Flotation belts or noodles will be used.

SilverSneakers® Jump in for a fun, shallow-water class that improves agility, flexibility, and endurance. This is a great low-impact option. No swimming ability is required and a Silver Sneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

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 are required to pre-register. Check at the front desk to register. Contact Michelle Williamson for more details, mwilliamson@metroymca.org.

Did you know? Check out the Y app! 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 our current group exercise schedule, pool schedules and personal training info!