



Group Exercise Schedule

WINTER 2018

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 | Transform (Michelle/Sarah P) 7:05-8:00am PS |
| Transform (Michelle) 5:05-6:00am PS | BODYPUMP® (Emily) 5:30-6:30am AS | BODYCOMBAT® (Sarah A) 5:05-5:55am PS | BODYPUMP™ (Donna) 5:30-6:30am AS | Yoga (Laura) 5:30-6:20am PS | Cycling (Steve) 7:15-8:00am CS |
| Step Interval (Maria) 5:15-6:15am AS | Cycling (Jeff) 5:30-6:30am CS | Step Interval (Maria) 5:15-6:15am AS | Cycling (Allyssa) 5:30-6:30am CS | | BODYCOMBAT® (Amanda) 7:15-8:15am AS |
| 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 | Aqua Blast (Sara) 8:15-9:00am 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 (Maria) 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 Blast (Sara) 9:00-10:00am P | Cycling (Cynthia) 8:15-9:15am CS |
| Aqua Interval (Allison) 9:45-10:30am P | Deep Water (Jeanne) 9:45-10:30am P | Deep Water (Michelle) 9:45-10:30am P | Deep Water (Michelle) 9:45-10:30am P | | Zumba® (Cynthia) 9:30-10:30am AS |
| Cycling (Donna) 8:15-9:00am CS | Aqua Interval (Jeanne) 10:30-11:15am P | Cycling (Brandie) 8:15-9:00am CS | Aqua Blast (Michelle) 10:30-11:15am P | Cycling (Koral) 8:15-9:00am CS | FIERCE (Allyssa) 10:35a-11:20am 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 | |
| Circuit (Sara) 8:30-9:20am G | Fierce (Amber) 8:30-9:15am G | Circuit (Annette) 8:30-9:20am G | | Circuit (Autumn) 8:30-9:20am G | SUNDAY |
| Zumba® (Karin) 9:20-10:20am AS | Cycling (Koral) 9:15-10:00am CS | BODYPUMP® (Koral) 9:20-10:20am AS | Cycling (Maureen) 9:15-10:00am CS | BODYPUMP® (Brandie) 9:20-10:20am AS | |
| BODYPUMP® (Brandie) 10:30-11:30am AS | STRONG by Zumba® (Andrea) 9:30-10:30am AS | BODYCOMBAT® (Andrea) 10:30-11:30am AS | Zumba® (Karin) 9:30-10:30am AS | Zumba Toning (Karianne) 10:30-11:30am AS | BODYCOMBAT® (Sarah) 8:05-9:05am AS |
| Fierce (Kristin) 11:45am-12:30pm AS | Yoga (Nicole) 10:40-11:40am AS | Zumba® Toning (Andrea) 11:40am-12:40pm AS | Yoga (Nicole) 10:40-11:40am AS | Yoga (Kristin) 11:40am-12:30pm AS | AquaZumba® (Lindsay W) 12:30-1:15pm P |
| SilverSneakers® Circuit (Tammy) 12:45-1:30pm AS | Delay the Disease Pre-registration required 11:50am – 12:50pm AS Cycling (Allyssa) 11:50am-12:30pm CS | SilverSneakers® Classic (Maureen/Andrea) 12:45-1:30pm AS | Delay the Disease Pre-registration required 11:50am – 12:50pm AS Cycling (Brandie) 11:50am-12:30pm CS | SilverSneakers® Circuit (Tammy) 12:45-1:30pm AS | Zumba® (Lindsay W) 1:30-2:30pm AS |
| SilverSneakers® Classic (Cierra) 1:45-2:30pm AS | SilverSneakers® Yoga (Karin) 1:00-1:45pm AS Low-Impact Cardio (Andrea/Karin) 2:00-2:40pm AS | SilverSneakers® Classic (Maureen) 1:45-2:30pm AS | SilverSneakers® Yoga (Tammy) 1:00-1:45pm AS | | |
| STRONG by Zumba® (Amber) 4:30-5:30pm AS | Circuit (Brandie) 4:30-5:20pm AS | BODYPUMP® (Jodi) 4:30-5:30pm AS | Circuit (Autumn) 4:30-5:20pm AS | BODYPUMP® (Jodi) 4:30-5:30pm AS | BODYPUMP® (Check the App) 2:35-3:35pm AS |
| | | Please watch for Kids Classes to return with the Summer Schedule | | Yoga (Meg/Theresa) 4:30-5:15pm PS STRONG by Zumba® (Amber) 5:40-6:40pm AS | |
| 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 BOOTCAMP 1 ST FRIDAY (Jordan) 5:30-6:15pm PS | |
| Total Toning (Allyssa) 5:40-6:25pm AS | danceFIT (Angela) 5:30-6:25pm AS | Zumba® (Lindsay W) 5:30-6:30pm PS | BODYPUMP® (Dave) 6:35-7:35pm AS | <p>Sarpy Community YMCA 1111 East 1st Street, Papillion, NE 68046 402-339-9861 Effective January 2 – May 31, 2018 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. Updated 9 February 2018</p> | |
| Zumba® (Karianne) 5:30-6:30 PS | BODYPUMP® (Lexi) 6:35-7:35pm AS | BODYCOMBAT® (Amanda) 5:40-6:40pm AS | | | |
| BODYCOMBAT® (Sarah) 6:35-7:35pm 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 | Deep Water (Mo) 7:30-8:15pm 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.

Low-impact cardio allows participants to increase their heart rate while minimizing the stress to joints and muscles. This workout will help strengthen your cardiovascular system with a fun upbeat 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.

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.

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.

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.

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

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.

Kids On the Move Kids on the Move uses drills, games and a variety of sports inspired activities to make moving fun for kids.

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® Splash 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!