



Group Exercise Schedule

FALL 2018

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycling (Brandie) 5:05-5:50am CS	USC (Adam) 5:05-6:00am G	Cycling (Donna) 5:05-5:50am CS	USC (Michelle W) 5:05-6:00am G	BODYCOMBAT™ (Katie) 5:05-6:05am AS	Barre (Amber) 7:10-8:00am PS
Transform™ (Michelle W) 5:05-6:05am PS		BODYCOMBAT™ (Sarah A) 5:05-6:05am PS			
Step Interval (Maria) 5:15-6:15am AS	BODYPUMP™ (Emily) 5:30-6:30am AS	Step Interval (Maria) 5:15-6:15am AS	BODYPUMP™ (Donna) 5:30-6:30am AS	Yoga (Laura/Cierra) 5:30-6:20am PS	BODYCOMBAT™ (Amanda) 7:15-8:15am AS
Cycling (Jeff) 6:00-6:45am CS	Cycling (Jeff) 5:30-6:30am CS	Cycling (Jeff) 6:00-6:45am CS	Cycling (Allyssa) 5:30-6:30am CS	Cycling (Jeff) 6:00-6:45am CS	Cycling (Steve) 7:15-8:00am CS
AquaZumba® (Andrea) 8:00-8:50am P	Aquacise (Jane) 8:00-8:50am P	Aqua Blast (Michelle W/Lindsay K) 8:30-9:25am P	Aquacise (Jane) 8:00-8:50am P	Aqua Blast (Lindsay K) 8:30-9:25am P	Aqua Blast (Mo) 7:55-8:55am P
Aqua Interval (Lindsay K) 9:00-9:40am P	SilverSneakers® Splash (Jane) 9:00-9:45am P	Deep Water (Michelle W) 9:30-10:30am P	SilverSneakers® Splash (Jane) 9:00-9:45am P	Deep Water (Lindsay K) 9:30-10:30am P	BODYPUMP™ (Lexi) 8:20-9:20am AS
Deep Water (Lindsay K) 9:45-10:45am P	Aqua Interval Express (Jeanne) 10:30-11:00am P		Aqua Interval Express (Jeanne) 10:30-11:00am P		Cycling (Cynthia) 8:15-9:15am CS
Zumba® Toning Gold (Cynthia) 7:30-8:20am AS	Chair Yoga (Karin) 7:30 - 8:20am AS	Low-Impact Cardio Strength (Tammy) 7:30 - 8:20am AS		Low-Impact Cardio Strength (Maureen) 7:30 - 8:20am AS	Zumba® (Cynthia) 9:30-10:30am AS
Cycling (Chelsea) 8:15-9:00am CS		Cycling (Brandie) 8:15-9:00am CS		Cycling (Koral) 8:15-9:00am CS	Fierce (Allyssa) 10:35-11:25am AS
Barre (Brandie) 8:30-9:15am AS	Zumba® Toning (Karin) 8:30-9:20am AS	danceFIT (Annette) 8:30-9:15am AS	Total Toning (Andrea) 8:30-9:20am AS	BODYPUMP™ Express (Brandie) 8:30-9:20am AS	
Circuit (Annette) 9:30-10:20am G	Cycling (Lindsay K) 9:15-10:00am CS	Circuit (Amber) 8:30-9:20am G	Cycling (Maureen) 9:15-10:00am CS	Circuit (Jodi) 9:30-10:20am G	
Zumba® (Karin) 9:20-10:20am AS	Strong by Zumba® (Andrea) 9:30-10:30 am AS	BODYPUMP™ (Koral) 9:20-10:20am AS	Zumba® (Karin) 9:30-10:30am AS	Zumba® Toning (Andrea) 9:30-10:20am AS	SUNDAY
BODYPUMP™ Express (Brandie) 10:30-11:20am AS	Yoga (Nicole) 10:40-11:40am AS	BODYCOMBAT™ (Andrea) 10:30am-11:30pm AS	Yoga (Nicole) 10:40-11:40am AS	Barre (Amber/Andrea) 10:30-11:20am AS	BODYCOMBAT™ (Sarah A) 8:05-9:05am AS
Strong by Zumba® (Amber) 11:30-12:30pm AS	Cycling (Allyssa) 11:45am-12:30pm CS	Total Toning (Allyssa) 11:40-12:30pm AS	Cycling (Brandie) 11:45am-12:30pm CS	Yoga (Jill) 11:30am-12:30pm AS	Transform™ (Sarah P) 8:05-9:05am PS
SilverSneakers® Classic (Tammy) 12:45-1:45pm AS	Aerobic Studio Reserved 11:50am-12:50pm AS	SilverSneakers® Classic (Maureen) 12:45-1:45pm AS	Aerobic Studio Reserved 11:50am-12:50pm AS	SilverSneakers® Circuit (Tammy) 12:45-1:45pm AS	Aqua Toning (Lindsay W) 12:15-1:00pm P
					Zumba® (Lindsay W) 1:15-2:15pm AS
SilverSneakers® Classic (Michelle H) 2:00-2:45pm AS	SilverSneakers® Yoga (Cierra) 1:00-1:45pm AS	SilverSneakers® Circuit (Tammy) 2:00-2:45pm AS	SilverSneakers® Yoga (Tammy) 1:00-1:45pm AS		BODYPUMP™ (Brianna) 2:30-3:30pm AS
Circuit (Lindsay W) 4:30-5:25pm AS	Barre (Karianne) 4:30-5:25pm AS	BODYPUMP™ (Jodi) 4:30-5:30pm AS	Circuit (Jodi) 4:30-5:25pm AS	BODYPUMP™ (Emily) 4:30-5:30pm AS	
Cycling (Steve) 5:30-6:15pm CS	Cycling (Adam) 5:30-6:15pm CS	Cycling (Theresa) 5:30-6:15pm CS	danceFIT (Annette) 5:30-6:30pm AS		Family Fitness Every 2nd and 4th Sunday 4:00-5:00pm *Starting August 26th
Zumba® (Karianne) 5:30-6:30pm AS	danceFIT (Angela) 5:30-6:25pm AS	Zumba® Toning (Karianne) 5:30-6:30pm PS			
Yoga (Cierra) 5:30-6:30pm PS	BODYPUMP™ (Lexi) 6:35-7:35pm AS	BODYCOMBAT™ (Amanda) 5:40-6:40pm AS	BODYPUMP™ (Michelle H/Jodi) 6:35-7:35pm AS	Search for our YMCA of Greater Omaha APP!	Yoga (Cierra) 5:15-6:15pm AS
BODYCOMBAT™ (Sarah A) 6:35-7:35pm AS	Yoga (Margalie/Jill) 7:05-8:05pm PS	Barre (Chelsea) 6:45-7:30pm AS	Yoga (Jill) 7:05-8:05pm PS	Sarpy Community YMCA 1111 East 1st Street, Papillion, NE 68046 402-339-9861 Effective August 12- December 22, 2018 Please check the app or website for any possible schedule changes. [AS-Aerobic Studio] [G-Gym] [P-Pool] [PS-Preschool]	
Deep Water (Mo) 7:15-8:15pm P	Aqua Interval (Tammy) 7:45-8:30pm P	Deep Water (Mo) 7:15-8:15pm 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

Barre An athletic blend of ballet technique, yoga, pilates and strength training. Bare feet or sticky socks are recommended.

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® Toning Gold 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

Chair Yoga This class offers the benefits of yoga with the stability of a chair. The focus is on developing strength, flexibility, balance, and restoration in a safe, guided place.

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.

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

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.

Youth/Family Classes

Family Fitness (Families with kids 5+) New this Fall! We will be offering a mixture of class styles every 2nd and 4th Sunday of the Month with the class format changing and providing a unique opportunity for families to try out all styles of fitness! Check our app and through the Welcome Center for the schedule of 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 Interval Express Our amazing Aqua Interval class done compacted into a fun and active 30-minute class!

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.