



# Group Exercise Schedule

**JANUARY 2 – MARCH 30, 2019**

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

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

## 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. Our Combat Express class offers the same style class within a shorter time frame.

**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.

**AOA Barre** Join us for our Active Older Adult version of our Barre class. Chairs will be utilized.

**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.)

**SilverSneakers® Stability** Movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. A chair may be used for balance and 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 2<sup>nd</sup> and 4<sup>th</sup> 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 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.