



Group Exercise Schedule

SEPTEMBER 3 – DECEMBER 21, 2019

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycling (Sarah W) 5:05-5:50am CS	USC (Adam) 5:05-6:00am G	Cycling (Donna) 5:05-5:50am CS	USC (Amy) 5:05-6:00am G	BODYCOMBAT™ (Katie) 5:05-6:05am AS	BODYCOMBAT™ (Amanda) 7:15-8:15am AS
Barre (Michelle W) 5:05-6:00am PS		Barre (Brynn) 5:05-6:00am PS			
Step Interval (Maria) 5:15-6:15am AS	BODYPUMP™ (Katie) 5:30-6:30am AS	Step Interval (Maria) 5:15-6:15am AS	BODYPUMP™ (Kirsten) 5:30-6:30am AS	Yoga (Sarah P/Cierra) 5:30-6:20am PS	Cycling (Steve) 7:15-8:00am CS
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	Aqua Blast (Mo) 7:55-8:55am P
	Yoga (Brynn) 6:00-6:45am PS				
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	Chair Yoga (Karin) 7:30-8:20am AS	Low-Impact Cardio Strength (Kelsey) 7:30-8:20am AS	Barre (Michelle W) 8:05-8:55am PS
AquaZumba® (Andrea) 8:00-8:50am P	Aquacise (Melody) 8:00-8:50am P	Aqua Interval (Jeanne) 8:10-9:00am P	Aquacise (Melody) 8:00-8:50am P	Aqua Blast (Moriah) 8:00-8:50am P	Cycling (Cynthia) 8:15-9:15am CS
Cycling (Michelle H) 8:15-9:00am CS	Cycling (Koral) 8:15-9:00am CS	Cycling (Donna) 8:15-9:00am CS	Cycling (Michelle H) 8:15-9:00am CS	Cycling (Koral) 8:15-9:00am CS	BODYPUMP™ (Lexi) 8:20-9:20am AS
Barre (Amber) 8:30-9:25am AS	Zumba® Toning (Karin) 8:30-9:20am AS	danceFIT (Annette) 8:30-9:30am AS	Total Toning (Andrea) 8:30-9:20am AS	BODYPUMP™ (Lauren) 8:30-9:30am AS	Zumba® (Cynthia) 9:30-10:30am AS
USC (Lauren) 8:30-9:20am G		Fierce (Tammy) 8:30-9:20am G	Core and More (Karin) 8:45-9:15am G	Circuit (Annette) 8:30-9:20am G	
Aqua Interval (Melody) 9:00-9:40am P	SilverSneakers® Splash (Melody) 9:00-9:45am P	Aqua Toning (Michelle W) 9:05-9:25am P	SilverSneakers® Splash (Melody) 9:00-9:45am P	Deep Water (Moriah) 9:00-10:00am P	Fierce (Allyssa) 10:35-11:25am AS
Deep Water (Melody) 9:45-10:45am P	BODYCOMBAT™ (Andrea) 9:30-10:30am AS	Deep Water (Michelle W) 9:30-10:30am P	Zumba® (Karin) 9:30-10:30am AS	Barre (Karianne) 9:35-10:25am AS	
Zumba® (Karin) 9:30-10:30am AS	Aqua Interval (Lauren) 10:00-11:00am P	BODYPUMP™ (Koral) 9:35-10:35am AS	Aqua Interval (Lauren/Michelle W) 10:00-11:00am P	SUNDAY	
BODYPUMP™ Express (Lauren) 10:35-11:25am AS	Yoga (Nicole) 10:35-11:35am AS	Barre (Andrea) 10:40-11:30am AS	Yoga (Nicole) 10:35-11:35am AS	Zumba® (Karianne) 10:30-11:30am AS	Yoga (Sarah P) 12:15-1:15pm PS
Fierce (Tammy) 11:45am – 12:35pm AS	Aerobic Studio Reserved 11:50am-12:50pm AS	Zumba® Toning (Andrea) 11:45am-12:35pm AS	Aerobic Studio Reserved 11:50am-12:50pm AS	SilverSneakers® Classic (Tamsen) 12:45-1:30pm AS	Zumba® (Emily) 1:30-2:30pm AS
SilverSneakers® Classic (Tammy) 12:45-1:30pm AS	Cycling (Allyssa) 11:45am-12:30pm CS	SilverSneakers® Classic (Anne) 12:45-1:30pm AS		Search for our YMCA of Greater Omaha APP	BODYPUMP™ (Brianna) 2:35-3:35pm AS
SilverSneakers® Circuit (Tammy) 1:45-2:30pm AS	SilverSneakers® Yoga (Cierra) 1:00-1:45pm AS	SilverSneakers® Classic (Linda/Phyllis) 1:45-2:30pm AS	SilverSneakers® Yoga (Laura/Phyllis) 1:00-1:45pm AS		 See our app
Circuit (Lindsay) 4:30-5:25pm AS	Barre (Karianne) 4:30-5:20pm AS	BODYPUMP™ (Lauren) 4:30-5:30pm AS	Circuit (Lindsay) 4:30-5:25pm AS	BODYPUMP™ (Sam) 4:30-5:30pm AS	BODYCOMBAT™ (Katie) 3:40-4:40pm AS
Barre (Karianne) 4:30-5:20pm PS		Core and More (Theresa) 4:45-5:15pm PS			
Cycling (Steve) 5:30-6:15pm CS	danceFIT (Angela) 5:30-6:30pm AS	Zumba® (Karianne) 5:30-6:30pm PS	danceFIT (Annette) 5:30-6:30pm AS		
Zumba® (Karianne) 5:30-6:30pm AS	BODYPUMP™ (Lexi) 6:35-7:35pm AS	Cycling (Theresa) 5:30-6:15pm CS	BODYPUMP™ (Brianna) 6:35-7:35pm AS	Check the app for the most up to date schedule.	JOIN US ON facebook
BODYCOMBAT™ (Katie) 6:35-7:35pm AS	Yoga (Brynn) 7:05-8:05pm PS	BODYCOMBAT™ (Amanda) 5:40-6:40pm AS	Yoga (Jill) 7:05-8:05pm PS		
Deep Water (Mo) 7:15-8:15pm P	Deep Water (Moriah) 7:45-8:30pm P	Deep Water (Mo) 7:15-8:15pm P	Schedules will be posted for Thanksgiving & Christmas		

Sarpy Community YMCA
1111 East 1st Street, Papillion, NE 68046
402-339-9861
[AS-Aerobic Studio] [G-Gym] [P-Pool]
[PS-Preschool]
September 3 – December 21, 2019
**Updated August 31, 2019*

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.

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.

Core and More Focus on core strengthening exercises for abdominal and back muscles to improve posture and assist with improved functioning for a healthy lifestyle.

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® 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.

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+) Every other Sunday (check the schedule for the exact dates) Look for games, exercises, stretching and LOADS of fun with your kids!

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.



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