



# Group Exercise Schedule

**JANUARY 5 – APRIL 4, 2020**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycling 5:05-5:50am <b>CS</b>	USC 5:05-6:00am <b>G</b>	Cycling 5:05-5:50am <b>CS</b>	USC 5:05-6:00am <b>G</b>	BODYCOMBAT™ 5:05-6:05am <b>AS</b>	BODYCOMBAT™ 7:15-8:15am <b>AS</b>
Barre 5:05-5:55am <b>PS</b>		Total Body Conditioning 5:15-6:15am <b>AS</b>	BODYPUMP™ 5:30-6:30am <b>AS</b>	Yoga 5:30-6:20am <b>PS</b>	Cycling 7:15-8:00am <b>CS</b>
Total Body Conditioning 5:15-6:15am <b>AS</b>	BODYPUMP™ 5:30-6:30am <b>AS</b>	Conditioning Together 5:30-6:00am <b>G</b>	BODYPUMP™ 5:30-6:30am <b>AS</b>	Cycling 6:00-6:45am <b>CS</b>	Aqua Blast 7:55-8:55am <b>P</b>
Conditioning Together 6:00-6:30am <b>G</b>	Cycling 5:30-6:30am <b>CS</b>	Move Together 6:00-6:30am <b>G</b>	Cycling 5:30-6:30am <b>CS</b>	Low-Impact Cardio Strength 7:30-8:20am <b>AS</b>	Barre 8:05-8:55am <b>PS</b>
Cycling 6:00-6:45am <b>CS</b>	Chair Yoga 7:30 – 8:20am <b>AS</b>	Cycling 6:00-6:45am <b>CS</b>	Move Together 7:45-8:15am <b>AS</b>	Aqua Blast 8:00-8:50am <b>P</b>	Cycling 8:15-9:15am <b>CS</b>
Move Together 6:45-7:15am <b>AS</b>		Aquacise 8:00-8:50am <b>P</b>	Low-Impact Cardio Strength 7:30-8:20am <b>AS</b>	Aquacise 8:00-8:50am <b>P</b>	Cycling 8:15-9:00am <b>CS</b>
Zumba® Toning Gold 7:30-8:20am <b>AS</b>	Aquacise 8:00-8:50am <b>P</b>	Aqua Blast 8:00-8:50am <b>P</b>	Aquacise 8:00-8:50am <b>P</b>	Cycling 8:15-9:00am <b>CS</b>	BODYPUMP™ 8:20-9:20am <b>AS</b>
AquaZumba® 8:00-8:50am <b>P</b>	Cycling 8:15-9:00am <b>CS</b>	Cycling 8:15-9:00 am <b>CS</b>	Cycling 8:15-9:00am <b>CS</b>	Cycling 8:15-9:00am <b>CS</b>	Cycling 8:15-9:15am <b>CS</b>
Cycling 8:15-9:00am <b>CS</b>	Move Together 8:15-8:45am <b>G</b>	Circuit 8:30-9:20am <b>G</b>	Barre 8:30-9:25am <b>AS</b>	Circuit 8:10-8:40am <b>G</b>	Zumba® 9:30-10:30am <b>AS</b>
Barre 8:30-9:25am <b>G</b>	Conditioning Together 8:50-9:20am <b>G</b>	Active Together 8:25-9:25am <b>AS</b>	SilverSneakers® Splash 9:00-9:45am <b>P</b>	BODYPUMP™ 8:30-9:30am <b>AS</b>	Conditioning Together 10:35-11:05am <b>AS</b>
Active Together 8:25-9:25am <b>AS</b>	Zumba® Toning 8:30-9:20am <b>AS</b>	Aqua Toning 9:00-9:25am <b>P</b>	Conditioning Together 8:45-9:15am <b>G</b>	Conditioning Together 8:45-9:15am <b>G</b>	Conditioning Together 10:35-11:05am <b>AS</b>
Aqua Blast 9:00-9:40am <b>P</b>	SilverSneakers® Splash 9:00-9:45am <b>P</b>	Deep Water 9:30-10:30am <b>P</b>	Move Together 9:20-10:50am <b>G</b>	Move Together 9:20-10:50am <b>G</b>	Move Together 11:15-11:45am <b>AS</b>
Deep Water 9:45-10:45am <b>P</b>	BODYCOMBAT™ 9:30-10:30am <b>AS</b>	Deep Water 9:30-10:30am <b>P</b>	Zumba® 9:30-10:30am <b>AS</b>	Deep Water 9:00-10:00am <b>P</b>	<b>SUNDAY</b>
Zumba® 9:30-10:30am <b>AS</b>	Aqua Blast 10:00-11:00am <b>P</b>	BODYPUMP™ 9:35-10:35am <b>AS</b>	Aqua Blast 10:00-11:00am <b>P</b>	Active Together 9:35-10:35am <b>AS</b>	
BODYPUMP™ Express 10:35-11:25am <b>AS</b>	Yoga 10:35-11:35am <b>AS</b>	BODYCOMBAT™ Express 10:40-11:20am <b>AS</b>	Yoga 10:35-11:35am <b>AS</b>	Zumba® Toning 10:40-11:30am <b>AS</b>	Active Together 8:05-9:05am <b>AS</b>
Active Together 11:35am – 12:35pm <b>AS</b>	Aerobic Studio Reserved 11:50am-12:50pm <b>AS</b>	Conditioning Together 11:25-11:55am <b>AS</b>	Aerobic Studio Reserved 11:50am-12:50pm <b>AS</b>	SilverSneakers® Classic 12:45-1:30pm <b>AS</b>	Cycling 8:15 – 9:00am <b>CS</b>
SilverSneakers® Classic 12:45-1:30pm <b>AS</b>	Move Together 12:05-12:35pm <b>AS</b>	SilverSneakers® Classic 12:45-1:30pm <b>AS</b>	Yoga 12:15-1:15pm <b>PS</b>	Yoga 12:15-1:15pm <b>PS</b>	Zumba® 1:30-2:30pm <b>AS</b>
SilverSneakers® Circuit 1:45-2:30pm <b>AS</b>	SilverSneakers® Yoga 1:00-1:45pm <b>AS</b>	SilverSneakers® Circuit 1:45-2:30pm <b>AS</b>	SilverSneakers® 1:30-2:30pm <b>AS</b>	Aqua Blast 1:00-2:00pm <b>P</b>	Aqua Blast 1:00-2:00pm <b>P</b>
Conditioning Together 4:25-4:55pm <b>AS</b>	SilverSneakers® Yoga 1:00-1:45pm <b>AS</b>	SilverSneakers® Circuit 1:45-2:30pm <b>AS</b>	SilverSneakers® Yoga 1:00-1:45pm <b>AS</b>	BODYPUMP™ 2:35-3:35pm <b>AS</b>	BODYPUMP™ 2:35-3:35pm <b>AS</b>
Circuit 4:55-5:25pm <b>AS</b>	Active Together 4:30-5:30pm <b>AS</b>	BODYPUMP™ 4:30-5:30pm <b>AS</b>	Conditioning (CT) & Move Together (MT) 3:45-4:15pm <b>AS – CT</b> 4:20-4:50pm <b>AS – MT</b> 4:55-5:25pm <b>AS – CT</b>	BODYCOMBAT™ 5:40-6:40pm <b>AS</b>	Family Fitness 3:00-3:45pm <b>PS</b> January 12 & 26 February 9 & 23 March 8 & 22
Barre 4:30-5:20pm <b>PS</b>	Zumba® 5:35-6:30pm <b>AS</b>	Barre 4:30-5:20pm <b>PS</b>	danceFIT 5:30-6:30pm <b>AS</b>	BODYCOMBAT™ 5:40-6:40pm <b>AS</b>	BODYCOMBAT™ 3:40-4:40pm <b>AS</b>
Cycling 5:30-6:15pm <b>CS</b>	BODYPUMP™ 6:35-7:35pm <b>AS</b>	Cycling 5:30-6:15pm <b>CS</b>	BODYPUMP™ 6:35-7:35pm <b>AS</b>	Yoga 7:05-8:05pm <b>PS</b>	BODYCOMBAT™ 3:40-4:40pm <b>AS</b>
Zumba® 5:30-6:30pm <b>AS</b>	BODYCOMBAT™ 5:40-6:40pm <b>AS</b>	BODYCOMBAT™ 5:40-6:40pm <b>AS</b>	BODYCOMBAT™ 5:40-6:40pm <b>AS</b>	Yoga 7:05-8:05pm <b>PS</b>	
BODYCOMBAT™ 6:35-7:35pm <b>AS</b>	Yoga 7:05-8:05pm <b>PS</b>	Yoga 7:05-8:05pm <b>PS</b>	Yoga 7:05-8:05pm <b>PS</b>		
Deep Water 7:15-8:15pm <b>P</b>	Deep Water 7:45-8:30pm <b>P</b>	Deep Water 7:15-8:15pm <b>P</b>	Deep Water 7:15-8:15pm <b>P</b>		

Search for our YMCA of Greater Omaha APP



**Sarpy Community YMCA**  
1111 East 1<sup>st</sup> Street, Papillion, NE 68046  
402-339-9861  
[AS – Aerobic Studio, CS – Cycle Studio, PS – Preschool, G – Gym]

## 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.

## Combo

**Active Together** is an innovative 60-minute workout that improves cardiovascular fitness, builds total-body strength and enhances movement health for daily life. Inspiring music and supportive coaching will ensure you succeed with simple, athletic exercises that use dumbbells, bodyweight and The Step.

**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.

**Conditioning Together** integrates strength and cardio training to build muscle, burn calories and improve agility. Revolutionize your whole body using Loaded Movement Training in this three-dimensional experience. Dynamic music drives the energetic 30-minute workout with athletic movements and phases of high-intensity interval training. Uses the \*ViPR.

**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.

**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.)

**Total Body Conditioning** Participants can expect intervals of high intensity cardio and strength training to create a fitness training experience. This class will improve participants overall fitness, agility, speed and athleticism in the high intensity class. Modifications can be made for all fitness levels but be prepared to push yourself!

**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.

**Move Together** will have you feeling and moving better in only 30 minutes. Build movement health by mastering the fundamental patterns that encompass everything you do in life. Grow your movement confidence with coaching, motivating music and a supportive group environment that help you succeed. MOVE FOR LIFE! Uses the \*ViPR.

**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+)** 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 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. Interval training, constant aerobic training and strength training will be found in this all in one aquatic class.

**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.

**\*ViPR:** bridges the gap between movement and strength training. It combines full-body movement with load.