



Group Exercise Schedule

JANUARY 5 – APRIL 4, 2020

***UPDATED FEBRUARY 1, 2020**

**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/Michelle W) 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		Total Body Conditioning (Maria) 5:15-6:15am AS	Total Body Conditioning (Maria) 5:15-6:15am AS	BODYPUMP™ (Kirsten) 5:30-6:30am AS	Yoga (Cierra) 5:30-6:20am PS
Cycling (Jeff) 6:00-6:45am CS	Cycling (Jeff) 5:30-6:30am CS	Cycling (Jeff) 6:00-6:45am CS	Cycling (Brandie) 5:30-6:30am CS	Cycling (Jeff) 6:00-6:45am CS	Aqua Blast (Mo) 7:55-8:55am P
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	Move Together (Andrea) 7:45-8:15am AS	Low-Impact Cardio Strength (Kelsey) 7:30-8:20am AS	Barre (Kelsey) 8:05-8:55am PS
AquaZumba® (Andrea) 8:00-8:50am P	Aquacise (Melody) 8:00-8:50am P	Aqua Blast (Anita) 8:00-8:50am P	Aquacise (Melody) 8:00-8:50am P	Aqua Blast (Anita) 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 G	Move Together (Andrea) 8:15-8:45am G	Circuit (Annette) 8:30-9:20am G	Barre (Andrea) 8:30-9:25am AS	Circuit (Annette) 8:10-8:40am G	Zumba® (Cynthia) 9:30-10:30am AS
	Conditioning Together (Andrea) 8:50-9:20am G			BODYPUMP™ (Lauren) 8:30-9:30am AS	
Active Together (Karin) 8:25-9:25am AS	Zumba® Toning (Karin) 8:30-9:20am AS	Active Together (Tammy) 8:25-9:25am AS	SilverSneakers® Splash (Melody) 9:00-9:45am P	Conditioning Together (Annette) 8:45-9:15am G	Conditioning Together (Sam) 10:35-11:05am AS
Aqua Blast (Kelsey) 9:00-9:40am P	SilverSneakers® Splash (Melody) 9:00-9:45am P	Aqua Toning (Anita) 9:00-9:25am P		Move Together (Annette) 9:20-9:50am G	Move Together (Sam) 11:15-11:45am AS
Deep Water (Michelle W) 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	Deep Water (Anita) 9:00-10:00am P	SUNDAY
Zumba® (Karin) 9:30-10:30am AS	Aqua Blast (Kelsey) 10:00-11:00am P	BODYPUMP™ (Koral) 9:35-10:35am AS	Aqua Blast (Anita) 10:00-11:00am P	Active Together (Andrea) 9:35-10:35am AS	
BODYPUMP™ Express (Lauren) 10:35-11:25am AS	Yoga (Nicole) 10:35-11:35am AS	BODYCOMBAT™ Express (Andrea) 10:40-11:20am AS	Yoga (Nicole) 10:35-11:35am AS	Zumba® Toning (Andrea) 10:40-11:30am AS	
Active Together (Tammy) 11:35am-12:35pm AS	Aerobic Studio Reserved 11:50am-12:50pm AS	Conditioning Together (Andrea) 11:25-11:55am AS	Aerobic Studio Reserved 11:50am-12:50pm AS	SilverSneakers® Classic (Kelsey) 12:45-1:30pm AS	Active Together (Kirsten/Michelle W) 8:05-9:05am AS
		Move Together (Andrea) 12:05-12:35pm AS			Cycling (Tamsen) 8:15-9:00am CS
SilverSneakers® Classic (Tammy) 12:45-1:30pm AS		SilverSneakers® Classic (Anne) 12:45-1:30pm AS			Yoga (Sarah P) 12:15-1:15pm PS
SilverSneakers® Circuit (Tammy) 1:45-2:30pm AS	SilverSneakers® Yoga (Cierra) 1:00-1:45pm AS	SilverSneakers® Circuit (Maureen) 1:45-2:30pm AS	SilverSneakers® Yoga (Tammy) 1:00-1:45pm AS		Zumba® (Emily) 1:30-2:30pm AS
Conditioning Together (Lindsay) 4:25-4:55pm AS	Active Together (Kirsten) 4:30-5:30pm AS	BODYPUMP™ (Lauren) 4:30-5:30pm AS	Move Together (Theresa) 3:45-4:15pm AS	BODYPUMP™ (Sam) 4:30-5:30pm AS	Family Fitness (Jeff) 3:00-3:45pm PS February 9 & 23 March 8 & 22
Circuit (Lindsay) 5:00-5:25pm AS			Conditioning Together (Theresa) 4:25-4:55pm AS	BODYCOMBAT™ (Brianna) 5:40-6:40pm AS	
Barre (Maureen) 4:30-5:20pm PS	Zumba® (Karin) 5:35-6:30pm AS	Barre (Maureen) 4:30-5:20pm PS	Circuit (Theresa) 5:00-5:25pm AS		BODYCOMBAT™ (Katie) 3:40-4:40pm AS
Cycling (Steve) 5:30-6:15pm CS		Cycling (Theresa/Moriah) 5:30-6:15pm CS	danceFIT (Annette) 5:30-6:30pm AS		
Zumba® (Lindsay) 5:30-6:30pm AS	BODYPUMP™ (Lexi) 6:35-7:35pm AS	BODYCOMBAT™ (Amanda) 5:40-6:40pm AS	BODYPUMP™ (Brianna) 6:35-7:35pm AS	Search for our YMCA of Greater Omaha APP	
BODYCOMBAT™ (Katie) 6:35-7:35pm AS	Yoga (Brynn) 7:05-8:05pm PS		Yoga (Dill) 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		Sarpy Community YMCA 1111 East 1st Street, Papillion, NE 68046 402-339-9861 [AS – Aerobic Studio, G – Gym, P – Pool, CS – Cycling Studio, PS – Preschool]	

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 is a 30 minute full-body movement with load that will enhance your Vitality, Performance, and Reconditioning. The dynamic music creates a motivating and inspiring atmosphere to give you a one of a kind experience. This class utilizes 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 is a 30 minute class for anybody looking to improve their overall movement health, to move better, with ease and less restriction and discomfort. This class utilizes 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.