



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

MAPLE STREET YMCA 7502 Maple St Omaha, NE 68134 402-393-3700
May 30-September 3, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycle (Meg) 5:30-6:15am CS	Group Cycle (Carissa) 5:30-6:15 am CS	Group Cycle (Janet) 5:30-6:15am CS		BODYATTACK™ (Stacy) 7:20-8:20am AS
BODYPUMP™ (Corie) 5:30-6:30am AS	BODYATTACK™(Amy) 5:30-6:30am AS	BODYPUMP™ (Corie) 5:30-6:30am AS	H.I.I.T. (Lauren) 5:30-6:25am AS	BODYPUMP™ (Amy) 5:30-6:30am AS	Group Cycle (Thea) 7:30-8:25am CS
SilverSneakers® Circuit (Sherri) 8:15am-9:00am G				SilverSneakers® Circuit (Marilee) 8:15-9:00am G	BODYPUMP™ (David) 8:25-9:25am AS
BODYVIVE™ (Sherri) 9:15-10:10am AS	BODYPUMP™ (Amy) 9:15-10:15am AS	Step (Marilee) 9:15-10:15am AS	BODYPUMP™ (Amy) 9:15-10:15am AS	Step Interval (Sherri) 9:15-10:15am AS	Aqua Zumba® (rotating) 8:30am-9:15am P
SilverSneakers® Classic (Molly) 9:15 am-10:00 am G	BODYVIVE™ (Marilee) 9:15am-10:10am G	SilverSneakers® Circuit (Amy) 9:15am-10:00am G	BODYVIVE™ (Susie) 9:15am-10:10am G	SilverSneakers® Classic (Marilee) 9:15-10:00am G	Cycle Gospel (MJ) 9:30-10:15am CS
Group Cycle (Stacy) 9:30-10:15am CS	Group Cycle (Crystal) 9:00-9:45am CS		Group Cycle (Crystal) 9:00-9:45am CS	Group Cycle (Molly) 9:30-10:15am CS	Pound® (Linda) 9:30am-10:15am AS
	Yoga (Andrea) 10:15-11:15 am MR		PiYo (Crystal) 10:00-10:45 am MR		Zumba® (Linda) 10:15am-11:00am AS
Active Older Adults Aquacise (Jennifer K.) 10:15-11:00am P	Active Older Adults Aquacise (Jen) 10:15-11:00am P	SilverSneakers Splash® (Deb) 10:15-11:00am P	SilverSneakers® Splash (Jen) 10:15-11am P	Active Older Adults Aquacise (Jennifer K.) 10:15-11am P	
BODYPUMP™ (Stacy) 10:30-11:30am AS	ZumbaGold® (Hadeel) 11:15-12:00pm AS	BODYPUMP™ (Marilee) 10:30-11:30 am AS	ZumbaGold® (Hadeel) 11:15-12:00pm AS	BODYPUMP™ (Marilee) 10:30-11:30am AS	SUNDAY
REFIT® (Monica) 12-12:45pm AS		REFIT® (Monica) 12-12:45pm AS		Yoga (Molly) 10:30-11:15am MR	BODYPUMP™ (Kirsten) 1-2:00pm AS
			Delay the Disease™ (Susie) 1pm-2:00pm G		MIXXEDFIT® (Maria) 2:05-3:05pm AS
BODYVIVE™ (Marilee) 4:30-5:15pm AS		BODYVIVE™ (Susie) 4:30-5:15pm AS			
Step (Marilee) 5:25-6:10pm AS	BODYPUMP™ (Sherri) 5:15-6pm AS	Pound® (Susie) 5:25-5:55pm MR	Aqua Zumba® (Amy) 5-5:45pm P		
Group Cycle (Pete) 6:30-7:15pm CS	Group Cycle (Theresa) 5:30-6:15pm CS	BODYPUMP™ (Lauren) 5:25-6:25pm AS	BODYATTACK™ (Katie) 5:25-6:25pm AS		Announcements
BODYPUMP® (Janet) 6:15-7:15pm AS	Cardio Combo (Kirsten) 6:15-7:10pm AS	BODYATTACK™ (Katie) 6:30-7:15pm AS	Group Cycle (Theresa) 5:30-6:15pm CS		Modified schedule on July 4
Yoga (Jay) 6:30-7:25pm MR		Yoga (Lisa) 6:30-7:25pm MR	BODYPUMP™ (Thea) 6:30-7:30pm AS	MIXXEDFIT® (Maria) 5:30-6:25pm AS	
Zumba® (Linda) 7:20-8:00 pm AS	P90X LIVE! (Kris) 7:15-8:00pm AS	MIXXEDFIT® (Sammie) 7:20-8:15pm AS		Yoga (Pete) 6:30-7:25pm MR	
Aqua Zumba® (Takako) 7:30-8:15pm P	Aqua Zumba®/Aquacise (rotating) 7:30-8:15pm P	Aquacise (Danette) 7:30-8:25pm P			
Pound® (Linda) 8:00-8:30 pm AS				Last updated 05/04/2017	Shading denotes new class format/change of instructor/time
AS- Aerobic Studio	MR- Maple Room	G-Gym	P-Pool	CS- Cycling Studio	Aqua Class

Questions or feedback contact Marilee Garrison, Group Exercise Lead via email mqarrison@metroyymca.org or phone at 402-393-3700

AQUA CLASSES

Aquacise is a moderately high aerobics workout without impact without impact on the joints. Develop increased muscular tone and flexibility. No swimming experience required.

Aqua Zumba® is a challenging, water-based workout that's cardio conditioning, body toning and exhilarating. This workout features the same Latin-style dancing found in Zumba and adds in extra resistance as participants move through the water, making the workout more intense.

ACTIVE OLDER ADULT CLASSES

SilverSneakers Splash Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support. SilverSneakers® Circuit adds cardio intervals.

ZumbaGold® For active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

CARDIO CLASSES

BODYATTACK™ is a high-energy interval training class combining athletic aerobic movements with strength and stabilization exercises.

BODYVIVE™ is a low impact full body workout that offers the perfect mix of strength, cardio & core work. This is the ideal cross-training workout for busy women on the go.

Cardio Combo: This cardio conditioning could include step, hi-lo, BOSU, kickboxing, running, jump rope or other innovative cross-training techniques.

Group Cycle: Get an aerobic workout that's easy on your joints with Cycle class. Our indoor Cycle classes simulate outdoor riding with sprinting, hill climbing and other techniques. Classes may include core work, too, to strengthen your abdomen and lower back. All levels are welcome, and workouts can be adapted to fit your goals and needs.

H.I.I.T. (High Intensity Interval Training): Push past your limits with plyometric drills on top of strength, power resistance and abs/core training moves.

P90X Live! This workout offers total-body strength and cardio, offering a rich variety of intense routines.

Insanity®: Cardio and plyometric drills with intervals of strength, power, resistance, and core training. It all happens in long bursts of

maximum intensity exercise with short periods of rest.

REFIT® combines CardioDance, toning, flexibility, strength training and stretching. This workout will challenge both fitness enthusiasts and will welcome beginners.

MIXXEDFIT® is a people-inspired dance fitness program that is a perfect blend of explosive dancing and bootcamp toning. Everything about our dance fitness program can be described as explosive.

Turbo Kick®: This is an addictive workout that combines shadow boxing, kickboxing, sports drills, dancing, yoga and simple dance moves in a party atmosphere. It is an interval based class that allows participants of any fitness

level to participate.

Zumba® This cardio-Latin fusion class features aerobic interval training to maximize fat burning and total body toning, all to incredible music with moves that are easy to learn! Toning incorporates the use of lightweight dumbbells for strength and conditioning work.

POUND® This is a full body cardio jam session, combining light resistance with constant simulated drumming. It fuses cardio, Pilates, isometric movements, plyometrics and isometric poses. Strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique.

MIND BODY CLASSES

Yoga: Yoga builds a strong body, mind and spirit. This class incorporates yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility. Chair support or yoga props are offered to safely perform exercises. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Mat Pilates: This is a conditioning program that improves muscle control, flexibility, coordination, strength and tone. Based on proper breathing, good posture and intense concentration, the exercises are performed on a mat.

STRENGTH CLASSES.

BODYPUMP™: Designed for all fitness levels, this barbell class delivers real results, real fast. This athletic based workout uses barbells with adjustable weights to work every major muscle group in the body. With motivating music, this class strengthens, tones and defines the body as nothing else can.

Muscle Conditioning: Enhance muscle strength and endurance in all the major muscle groups with techniques that use barbells, dumbbells, balls and tubes. Finish off with a great stretch.

Strength Circuit is the workout for you! Enjoy a circuit workout that is great for all levels. Activities include speed and agility drills, athletic step, running/power walking, jump rope, abs and stretching.

TWEEN & FAMILY FITNESS CLASSES.

Family Fitness Working on fitness as a family is a great way to set a positive example and stay motivated.