



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

MAPLE STREET YMCA 7502 Maple St Omaha, NE 68134 402-393-3700
September 4-December 23, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycling (Meg) 5:30-6:15am CS		Cycling (Carissa) 5:30-6:15 am CS	Cycling (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	HIIT (Lauren) 5:30-6:25am AS	BODYPUMP® (Amy) 5:30-6:30am AS	Cycling (Thea) 7:30-8:25am CS
SilverSneakers® Circuit (Sherri) 8:15am-9:00am G	Cycling (Lindy) 9:00-9:45am CS		Cycling (Lindy) 9:00-9:45am CS	SilverSneakers® Circuit (Marilee) 8:15-9:00am G	BODYPUMP® (David) 8:25-9:25am AS
BODYVIVE 3.1® (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 3.1® (Susie) 9:15am-10:10am G	SilverSneakers® Classic (Marilee) 9:15-10:00am G	Cycling (MJ) 9:30-10:15am CS
Cycling (Stacy) 9:30-10:15am CS	Chair Yoga (Andrea) 9:20-10:05am MR			Cycling (Molly) 9:30-10:15am CS	Pound® (Linda) 9:30am-10:15am AS
	Yoga (Andrea) 10:15-11:15 am MR		PiYo (Andrea) 10:15-11:15 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				Yoga (Molly) 10:30-11:15am MR	BODYPUMP® (Kirsten) 1-2:00pm AS
			Delay the Disease® (Susie) 1-2pm G Must pre-register		MIXXEDFIT® (Maria) 2:05-3:05pm AS
BODYVIVE 3.1® (Marilee) 4:30-5:15pm AS		BODYVIVE 3.1® (Susie) 4:30-5:15pm AS			
Step (Marilee) 5:25-6:10pm AS	BODYPUMP® (Sherri) 5:15-6:10pm AS	Pound® (Susie) 5:25-5:55pm MR	Aqua Zumba® (Amy) 5-5:45pm P		
Cycling (Pete) 6:30-7:15pm CS	Cycling (Theresa) 5:30-6:15pm CS	BODYPUMP® (Lauren) 5:25-6:25pm AS	REFIT® (Monica) 5:30-6:15pm AS		Announcements
BODYPUMP® (Janet) 6:15-7:15pm AS	Cardio Intensity (Kirsten) 6:15-7:10pm AS	BODYATTACK® (Katie) 6:30-7:15pm AS	Cycling (Theresa) 5:30-6:15pm CS		Modified schedule Nov. 23-26
Yoga (Jay) 6:30-7:25pm MR	Family Fitness (Renata) 6:30-7:30pm G	Yoga (Lisa) 6:30-7:25pm MR	Family Fitness (Renata) 6:30-7:30pm G	MIXXEDFIT® (Maria) 5:30-6:30pm AS	
Zumba® (Linda) 7:20-8:00 pm AS	P90X LIVE! (Kris) 7:15-8:15pm AS	MIXXEDFIT® (Sammie) 7:20-8:15pm AS	BODYPUMP® (Thea) 6:30-7:30pm AS	Yoga (Pete) 6:30-7:25pm MR	
Aqua Zumba® (Hadeel) 7:30-8:15pm P	Aqua Zumba® (Carissa) 7:30-8:15pm P	Aquacise (Danette) 7:30-8:25pm P	Zumba® (Eve) 7:35-8:20pm AS		
Pound® (Linda) 8:00-8:30 pm AS				Last updated 08/4/2017	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@metroymca.org or phone at 402-393-3700

AQUA CLASSES

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.

ACTIVE OLDER ADULT CLASSES

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 SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

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.)

Zumba®Gold: This class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Participants will experience all of the fun of Zumba® at a lower-intensity level.

CARDIO CLASSES

BODYATTACK® caters to anyone, using instructor-led options. It combines athletic movements like running, lunging, and jumping with strength exercises such as push-ups and squats. This class is for anyone who wants to feel like an athlete in an awesome team environment.

BODYVIVE 3.1® is the ultimate fitness combination with three workouts in one: cardio, strength and core training. This class is great for those who are time crunched and looking for an all-in-one workout.

Cardio Intensity: This cardio focused class will provide you the opportunity to increase your heart rate and burn calories. Athletic cardio moves that can be modified for any fitness level will let you work at the intensity that is right for you.

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.

HIIT: High Intensity Interval Training has participants working through challenging cardio intervals while actively recovering with strength moves.

P90X LIVE helps participants transform their bodies with a variety of strength-training moves, cardio conditioning, and core work. This class will be challenging but instructors can offer modifications for all levels.

Insanity is a high-intensity workout combining cardio drills, athletic conditioning, and explosive moves to help you burn calories and improve your cardiovascular fitness. This workout requires no equipment.

Step uses a platform bench and choreographed movements on and off of the step to train your cardiovascular system.

REFIT® This cardio dance structured class uses uplifting music to inspire participants to improve their cardiovascular health and burn calories.

MixedFit® uses current radio hits to inspire fun dance moves combined with boot camp style toning moves to create 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.

POUND® class instructs participants to use drumsticks to create a fun, energizing workout that combines cardio conditioning, body-weight strength training, with yoga and pilates-inspired movements. You will sweat, squat, and pound your way through this energetic class.

MIND BODY CLASSES

Yoga: In this class 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.

PiYo®: A unique class designed to build strength and gain flexibility. A choreographed program that combines the elements of Yoga and Pilates with energy, power and rhythm. Think sculpted abdominals, increased overall core strength and greater flexibility. Appropriate for all fitness levels.

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 practice.

STRENGTH CLASSES

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.

TWEEN & FAMILY FITNESS CLASSES

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