



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

MAPLE STREET YMCA 7502 Maple St Omaha, NE 68134 402-393-3700
January 2nd-March 30th, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycling (Lanita) 5:30-6:15am CS			Cycling (Janet) 5:30-6:15am CS		BODYATTACK® (Stacy) 7:30-8:30am B
BODYPUMP®(Amy) 5:30-6:30am B	BODYATTACK®(Amy) 5:30-6:30am B	BODYPUMP® (Corie) 5:30-6:30am B	BODYATTACK® (Britany) 5:30-6:30am B	BODYPUMP® (Corie) 5:30-6:30am B	Cycling (Janet) 7:30-8:25am CS
SilverSneakers® Circuit (Sherri) 8:15am-9:00am G	Cycling (Emmy) 9:00-9:45am CS			SilverSneakers® Circuit (Marilee) 8:15-9:00am G	BODYPUMP® (David) 8:30-9:30am B
Les Mills Tone® (Sherri) 9:15-10:15am B	BODYPUMP® (Amy) 9:15-10:15am B	Step (Marilee) 9:15-10:15am B	BODYPUMP® (Amy) 9:15-10:15am B	Step Interval (Sherri) 9:15-10:15am B	Aqua Zumba® (rotating) 8:30am-9:15am P
SilverSneakers® Classic (Molly) 9:15 am-10:00 am G	Les Mills Tone® (Marilee) 9:15am-10:15am G	SilverSneakers® Circuit (Amy) 9:15am-10:00am G	Les Mills Tone® (Marilee) 9:15am-10:15am G	SilverSneakers® Classic (Marilee) 9:15-10:00am G	Cycling (MJ) 8:30-9:15am CS
Cycling (Stacy) 9:30-10:15am CS	Chair Yoga (Andrea) 9:00-9:45am C	Cycling (Crystal Cr) 9:30-10:15am CS	Chair Yoga (Andrea) 9:00-9:45am C	Cycling (Molly) 9:30-10:15am CS	Barre (Kirstin) 9:40-10:25am B
	Yoga (Andrea) 10:00-11:00 am A		PiYo (Andrea) 10:00-11:00 am A		Zumba® (Alethea) 10:30am-11:15am B
Active Older Adults Aquacise (Jennifer K.) 10:15-11:00am P	Active Older Adults Aquacise (Jen) 10:15-11:00am P	SilverSneakers Splash® (Jerry) 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 B	ZumbaGold® (Hadeel) 11:30-12:15pm B	BODYPUMP® (Marilee) 10:30-11:30 am B	ZumbaGold® (Hadeel) 11:30-12:15pm B	BODYPUMP® (Marilee) 10:30-11:30am B	SUNDAY
				Yoga (Molly) 10:30-11:25am A	
HIIT (Emmy) 12-12:45pm B			Delay the Disease® (Susie) 1-2pm G Must pre-register	Total Body Conditioning [TBC] (Emmy) 12-12:45 B	Strong By Zumba® (Eve) 1015-11am B
Les Mills Tone® (Marilee) 4:30-5:15pm B		Total Toning (Danielle) 4:30-5:15pm B			BODYPUMP® (Kirsten) 1-2:00pm B
Total Body Conditioning [TBC] (Kelsey) 5:25-6:10pm B	BODYPUMP® (Sherri) 5:15-6:15pm B	Barre (Kirstin N) 5:30-6:15pm B	Aqua Zumba® (Amy) 5-5:45pm P		MIXXEDFIT® (Maria) 2:05-3:05pm B
Cycling (Pete) 6:30-7:15pm CS	Cycling (LaNita) 5:30-6:15pm CS		REFIT® (Bre) 5:45-6:30pm B		Announcements
BODYPUMP® (Janet) 6:15-7:15pm B	Cardio Intensity (Kirsten) 6:20-7:15pm B	Kickboxing (Kelsey) 6:30-7:15pm B	Cycling (Theresa) 5:30-6:15pm CS		
DanceFit (Linda) 7:20-8:00 pm B				MIXXEDFIT® (Maria) 5:30-6:30pm B	
Yoga (Pete) 7:30-8:15pm A *Through Jan 31*	Pilates (Trina) 7:20-8:15pm B	MIXXEDFIT® (Sammie) 7:20-8:15pm B	BODYPUMP® (Janet) 6:45-7:45pm B	Yoga (Pete) 6:30-7:25pm A	
Aqua Zumba® (Hadeel) 7:30-8:15pm P	Aqua Interval (Danette) 7:30-8:15pm P	Aquacise (Danette) 7:30-8:25pm P			
Pound® (Linda) 8:00-8:30 pm B				Last updated 12/14/18	Shading denotes new class format/change of instructor/time
A- Studio A	B- Studio B	C- Studio C	P-Pool	CS- Cycling Studio	G-Gym

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.

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.

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.

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.

Pilates: A conditioning fitness class that focuses on body alignment and breathing. The exercises cover all core powerhouse muscle groups: abdominals, lower back, shoulders, thighs, and gluteals.

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.

Barre: An athletic blend of ballet technique, yoga, Pilates and strength training with cardio intervals mixed into the class. Exercise variations are provided to encourage all fitness levels.

TWEEN & FAMILY FITNESS CLASSES

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

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.

LES MILLS TONE®: 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.

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

Step Interval: uses a platform bench and choreographed movements on and off of the step to train your cardiovascular system. Intervals of strength training are added.

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

DanceFit uses easy to learn dance combinations set to fun music allowing participants to get a great workout.

Kickboxing: Kickboxing combines elements of martial arts with athletic drills to create a fun, high-energy workout. This class will leave you feeling sweaty and stronger.

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.

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.

Total Body Conditioning (TBC): 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!