



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Butler-Gast 3501 Ames Avenue (402) 453-8903 Effective January 2nd, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aquacise (Anita) 6:15-7:15am P		Aquacise (Anita) 6:15-7:15am P		Aquacise (Anita) 6:15-7:15am P	danceFit (Marcey) 8:30am-9:15am AS
SilverSneakers@ Classic (Chris) 8:30-9:25am AS	Tai Chi (Rita) *(V) 8:30-9:25am AS	SilverSneakers@ Classic (Chris) 8:30-9:25am AS	Tai Chi (Rita) *(V) 8:30-9:25am AS	Tai Chi (Pat) 8:30-9:25am AS	
Aquacise (Connie) *(V) 9:45-10:30am P	SilverSneakers@ Splash (Pat Brown) 9:30-10:15am P	Aquacise (Connie) *(V) 9:45-10:30am P	SilverSneakers@ Splash (Pat Brown) 9:30-10:15am P	Aquacise (Connie) *(V) 9:45-10:30am P	
Stretch, Strength & Core (Carolyn) 11:00am-11:45pm	Active Together (McCall) 9:30am-10:30am	Stretch, Strength & Core (Carolyn) 11:00am-11:45pm			SUNDAY
					MIXXEDFIT™ (Sammie) 4:00-4:45pm AS
Pool, Steam Room and Sauna Closed 1-4pm	Pool, Steam Room and Sauna Closed 1-4pm	Pool, Steam Room and Sauna Closed 1-4pm	Pool, Steam Room and Sauna Closed 1-4pm	Pool, Steam Room and Sauna Closed 1-4pm	
Aquacise (Pat/Gerry) *(V) 5:30-6:15pm P		Aquacise (Pat/Gerry) *(V) 5:30-6:15pm P		Aquacise (Pat/Gerry) *(V) 5:30-6:15pm P	
	Cycling (Ambe) 5:15pm-5:50pm	Active Together (Lanita) 5:20-6:20pm AS			
Cycling (Ambe) 6:00-6:45 pm AS	DanceFit Rose 6:00pm-6:45pm	DanceFit (Marcey) 6:30pm-7:25pm AS	Zumba @/African Rhythms (Alethea) 6:30-7:25pm AS		
Child Watch open 5:25-7pm	Child Watch open 5:25-7:30pm	Child Watch open 5:25-7:30pm	Child Watch open 5:25-7:30pm		
AS Aerobic Studio	*(V) Volunteer Led	P Pool	Provisional	New Time New Class New Day New Instructor	Last updated 8/27/19

Questions or feedback contact Alethea Lewis, Membership Director via email alewis@metroymca.org or call 402-453-8903

DESCRIPTIONS

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.

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.

CARDIO CLASSES

Cycling 101- Learn how to set-up your bike and get the most of your workout. This 15 minute introductory class will assist you with set-up, how to get the most of your workout and get you adjusted to the bike. When you are ready for the next step, stay for the Cycling class that follows this introductory class.

Cycling- Improve your cardiovascular fitness in this high-energy class. Class can consist of interval work, hill climbs, and flat road drills, along with other terrain. All fitness levels welcome. Bring a towel and a water bottle.

MiXXEDFIT®-MiXXEDFIT ® uses current radio hits to inspire fun dance moves combined with boot camp style toning moves to create a great workout.

danceFit is a great aerobic workout that puts a dance spin on conventional fitness moves. Whether you have two left feet or are a seasoned dancer, this addictive workout is a great way to have fun and get in shape. This class is designed to bring you the best all over body workout while moving to a mix of old-school jams and the latest chart-topping hits to get your heart pumping. The intensity can be adjusted by modifying moves to fit your body's needs and abilities. Get fit, get toned, make friends and have fun.

Zumba® is a cardio-Latin fusion class features aerobic interval training to maximize fat burning and total body toning, all too incredible music with moves that are easy to learn

Rhythm and Sweat™ Rhythm & Sweat is a dance fitness program format that will help you burn fat and tone muscles. This class incorporates jumping jacks, body rolls, squats and dumbbells to create a well-rounded workout.

COMBO CLASSES

Stretch & Strength uses a variety of weight, resistance, core and static stretching to increase physical strength and increase flexibility. This class focuses on keeping you safe while challenging your body to stay strong. Modifications are made for every fitness level.

ACTIVE OLDER ADULT CLASSES

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.

Tai Chi-Tai Chi generates and circulates vital energy around the body by following certain principles of movement, posture and breathing. It improves the circulation of blood and brings about a balance of "chi" (vital energy) around the body. Tai Chi opens joints, relaxes muscles, flexes tendons and ligaments, eases tension, strengthens and energizes the organs, resulting in a healthier body and a stage of relaxation.