



Group Exercise Schedule

Charles E. Lakin- (Jan. 5-April 4, 2020)

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HIIT (Nicole) 5:00-5:30am HI	HIIT (Andy) 5:30-6:10am HI	Barbell Pump (Shelly) 5:30-6:30am HI	Insanity (Jordan) 5:30-6:00am HI	20/20/20 (Nicole) 5:30-6:30am HI	Kickboxing (Nicole) 7:30-8:30am HI
Barbell Pump (Nicole) 5:35-6:30am HI	Cycling (Shelly) 6:00-6:45am CS		Cycling (Kent) 6:00-6:45am CS		
SilverSneakers@ Classic (Trina) 8:30-9:15 am MB	Yoga (Ilona) 7:30-8:30am MB	SilverSneakers@ Classic (Trina) 8:30-9:15 am MB	Yoga (Ilona) 7:30-8:30am MB		Barbell Pump (Nicole) 8:30-9:15am HI
Deep Water (Sharon) 8:30am-9:15am P	Aquacise (Ernie) 8:30am-9:15am P	Deep Water (Kathie) 8:30-9:15am P	Aquacise (Jamey) 8:30am-9:15am P	Deep Water (Kathie) 8:30 -9:15am P	Cycling (Hayley) 9:15-10:00am CS
Active Together (Brandie) 9:00-10:00am HI	Circuit (Trina) 9:00-9:45am HI	DanceFit (Sarah) 9:00-10:00am HI	Circuit (Trina) 9:00-9:45am HI	Active Together (Trina) 9:00-10:00am HI	Active Together (Michael) 9:20-10:20 HI
Cycling (Theresa) 9:15am-10:00am CS	Cycling (Michael) 9:35-10:20am C	Cycling (Hayley) 9:15-10:00am CS	Cycling (Nikki) 9:35-10:20am CS	Cycling (Hayley) 9:15-10:00am CS	Yoga (Traci D.) 9:30-10:30am MB
SilverSneakers@ Classic (Trina) 9:20-10:05 am MB	High Fitness (Sabry, Ryanne, Suzanne) 9:50-10:40am HI	SilverSneakers@ Classic (Trina) 9:20-10:05 am MB	High Fitness (Sabry, Ryanne, Suzanne) 9:50-10:40am HI	Core & More (Kim) 10:10-10:40am HI	MixedFit@ (Sarah K) 10:30-11:30am HI
	Pilates (Trina) 9:55-10:40am MB		Pilates (Trina) 9:55-10:40am MB		SUNDAY
Barbell Pump (Krista) 10:15-11:15am HI		Barbell Pump (Tiffeny) 10:15-11:15am HI		Yoga (Brandie) 10:15-11:15am MB	MixedFit@ (Krystal) 12:00-1:00pm HI
	SilverSneakers@ Circuit (Kim) 10:45-11:30am HI		SilverSneakers@ Circuit (Kim) 10:45-11:30am HI	SilverSneakers@ Classic (Kim) 10:45-11:30am HI	20/20/20 (Krista) 1:05-2:05pm HI
Total Toning (Melissa) 12:15-1:00pm HI	Cycling (Kelly) 12:15-1:00pm CS	Total Toning (Melissa) 12:15-1:00pm HI	Yoga (Brandie) 12:15-1:00pm MB	HIIT (Shelly) 12:15-1:00pm HI	
				MixedFit@ (SJ) 5:30-6:30pm HI	Yoga (Jay) 4:00-5:00pm MB
Circuit (Rachel S) 4:30-5:25pm HI	Total Body Conditioning (Jackie) 4:30-5:15pm HI	Circuit (Rachel S) 4:30-5:25pm HI	Total Toning (Brandie) 4:30-5:15pm HI	<p>Effective Date Jan 5-April 4, 2020</p> <p>[HI] High Impact Studio [CS] Cycling Studio [MB] Mind Body Studio [P] Pool</p> <p>Charles E. Lakin YMCA www.metroymca.org</p> <p>Search the "YMCA of Greater Omaha" app in the app store to have access to the schedule on your mobile device</p> <p>Shading denotes new class/format/change of instructor/time.</p>	
	Fierce (Carly) 5:20-6:05pm HI	PiYo (Jordan P.) 5:00-5:45pm MB	Zumba (Jocelyn) 5:20-6:05pm HI		
Barre Blend (SJ) 5:30-6:25pm HI	Cycling (Traci S.) 5:30-6:15pm CS	Active Together (Michael) 5:30-6:30pm HI	Cycling (Traci D.) 5:30 - 6:15pm CS		
AquaZumba (Linda) 5:30-6:15pm P	Aquacise (Catie) 5:30-6:15pm P	AquaZumba (Hiroko) 5:30-6:15pm P	Aquacise (Catie) 5:30-6:15pm P		
Cycling (Kim R) 5:30-6:15pm CS	Total Toning (Sammy) 6:15-7:15pm HI	MixedFit@ (Catie) 6:40-7:40pm HI	BarbellPump (Tiffeny) 6:15-7:15pm HI		
MixedFit@ (Krystal) 6:30-7:25pm HI	Yoga (Linda) 6:30-7:30pm MB	Restorative Yoga (Lexy) 6:30-7:30pm MB	Yoga (Traci D.) 6:30-7:30pm MB		
Questions/ feedback contact Brandie Stallsworth, bstallsworth@metroymca.org					

ACTIVE OLDER ADULT

SilverSneakers® Circuit combines 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.)

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.

AQUA

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.

AquaZumba® blends the fun of a Zumba® class with the low-impact environment of the water to create a fun, high-energy class.

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.

CARDIO

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.

High Fitness is a full body aerobic workout producing a high caloric burn and toning through its choreography that alternates between cardio and toning tracks to music you love and know.

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.

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.

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

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

COMBO

20/20/20 20 minutes of cardio, weights, and abs/core each! This class increases your strength and metabolism by working all the major muscle groups using weights, tubing and balls. If you like to change up your workouts, try new things and be challenged, this is the class for you. This is a great strength and aerobic workout.

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 insure you succeed with simple, athletic exercises that use dumbbells, bodyweight, and The STEP™.

Barre Blend is a blend of low impact, high intensity cardio moves and strength training focusing on long, lean muscle building. Inspired by traditional ballet, yoga and pilates, each class will focus on your core, glutes, thighs and arms. Bare feet or sticky socks are ideal for full extension. Dance experience NOT required.

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.

Fierce combines cardio intervals set to a Tabata-inspired timer and strength training moves to provide you with a challenging workout. Instructors provide options to allow many fitness levels to find success.

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

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!

STRONG by Zumba® combines body weight strength training, cardio, and plyometric training moves and syncs them to original music to help push you to the end of every class.

MIND/BODY

Yoga 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 is 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 glutes.

PiYo is a class designed to build strength and gain flexibility. A choreographed program that combines the elements of yoga and pilates with energy, power, and rhythm. Appropriate for all fitness levels.

Restorative Yoga is all about deep relaxation while holding poses for longer periods of time. Props can be used for support for deeper stretches.

STRENGTH

Barbell Pump is a high repetition, light weight strength training class. Each song within the class has a specific strengthening focus allowing participants to engage all major muscle groups in a 60-minute session.

Total Toning uses a variety of equipment to strengthen and tone the entire body. Each class will blend a variety of movements to focus on overall body strength.

Core & More: A class focused on strengthening the abdominals, back, and gluteal muscles using a variety of equipment.