Group Exercise

INCLUDED WITH MEMBERSHIP

SEPTEMBER

CYCLING - Studio B - Group Cycling							
Time	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
5:30 am - 6:25 am		Cycling Fusion Chris B		Cycling Fusion Jared M			
9:00 am- 10:00 am				Cycling Fusion Lyndsay F			
5:30 pm - 6:15 pm	Group Cycling Bev H		Group Cycling Gary B				

LAND - Studio A - Group Land Exercise							
Time	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
5:30 am - 6:25 am	Power C.S.I. Tiffany B		Step Vann P		Tabata Jenny H		
6:30 am - 7:15 am				Core & More Rachel W			
7:30 am - 8:30 am						Yoga Kari U	
9:00 am - 10:00 am	Step Renee B	Power C.S.I. Tessa Y	Cardo Blast Renee B		Fit for Life Chair Strength Tessa Y	Tabata Jasmin W	
10:15 am - 11:00 am		Fit for Life Chair Stretch/ Yoga Cindy W		Fit for Life Chair Stretch/ Yoga Cindy W	Strength Training Katie M		
10:30 am - 11:30 am	Enhance Fitness Michelle K		Enhance Fitness Cynthia N				
12:00 pm - 12:45 pm		Power C.S.I. Tallie G		Power C.S.I. Sara D			
4:35 pm - 5:20 pm	Pilates Sculpt Kara H			POUND® Katie M			
5:30 pm- 6:20 pm	POUND® Katie M	Power C.S.I. Samantha B	Yoga Heather N	Power C.S.I. Becky Z	***5:30-6:30 pm*** Yoga Penny H/Aubre M		
6:30 pm - 7:20 pm	Strength Training Jolene M	Yoga Penny H	Dance Fitness Hayden R	***6:30-7:05 pm*** Functional Strength Trng. Jasmin W			

WATER - POOL							
Time	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
5:30 am - 6:15 am	Water Fit Combo Kat K	Water Fit Combo Laura B	Water Fit Combo Lisa K	Water Fit Combo Beth D	Water Fit Combo Wendy H		
8:15 am - 9:00 am	Water Fit Combo Michelle K	Water Fit Combo Mary S	Water Fit Combo Becky C	Water Fit Combo Jill M	Water Fit Combo Becky C	**8:00-8:45 am** Water Fit Combo Jill M	
11:00 am - 11:30 am			Aqua Arthritis Michelle K		Aqua Arthritis Michelle K		
1:00 pm - 1:45 pm	Fit for Life H2O Mary S	Fit for Life H2O Sheila B	Fit for Life H2O Kathy T	Fit for Life H2O Sheila B	Fit for Life H2O Sarah C		
3:30 pm - 4:15 pm							Water Fit Combo Amanda M
5:30 pm - 6:15 pm	Water Fit Combo Rolayne G		Water Fit Combo Rolayne G				

* Please see the Lincoln YMCA Youth Policy regarding minimum age requirements to attend adult group exercise classes.*

Group Exercise Class Descriptions

Complexity of Choreography: L – Low M – Medium H – High
Exercise Intensity: 1 – Low 2 – Medium 3 - High

GROUP CYCLING CLASSES

This is an anaerobic and aerobic workout on indoor stationary bikes that simulate outdoor bikes, in a class atmosphere. There is a limited number of bikes, so please arrive early to secure your bike.

Cycling Fusion (L3): This class consists of group cycling mixed with other formats. May include yoga, strength, boot camp, core training, Tabata, HIIT and TRX®.
Group Cycling (Varies): This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and other challenging drills and exercises. All levels welcome.

GROUP LAND CLASSES

With a variety of formats including cardio based, mind-body, dance and strength training, we've got something for everyone! Adults of all fitness levels are encouraged to join these classes. Land Studio is available to YMCA Members when YMCA programming is not in progress. You may utilize the studio up to 20 minutes prior to YMCA programming and 20 minutes after programming. No stereo available. Studio exercise equipment only available.

Cardio Blast (L2): Break through exercise plateaus or try something new with this heart pounding cardio class. You'll never be bored as you are lead through different cardio formats. May include step, kickboxing and circuit or functional training.
Core & More (M2): A class focused on strengthening the abdominals, back and gluteal muscles using a variety of equipment
Dance Fitness(H2): This class will be one of these formats: Latin, Line Dancing, Mixxed Fit®, *REFIT*® or Zumba®. Gather in the studio to move your groove thing and get your heart pumping to the rhythms of the music. This class is appropriate for all levels. No previous dance experience required. Just come ready to have some fun!
Enhance® Fitness (M1): This nationally recognized arthritis management program is proven to assist adults of all ages in reducing their arthritis symptoms and becoming more active, energized and empowered for independent living through cardiovascular endurance, strength, flexibility, and balance movements in a relaxed, encouraging and supportive atmosphere.
Fit For Life-Chair Stretch/Yoga: (L1) Improve balance, range of motion, flexibility and strength through poses led with the assistance of a chair. Learn the basics of complete breathing, how to perform stretches safely, and relax mindfully. (50+)
Fit For Life – Strength (L1): Have fun and move to the music through a variety of seated chair exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, tubing with handles and a ball are used for resistance. (50+)
Functional Strength Training (M2): This class will provide you five fundamental loaded movement patterns utilizing our ViPR (Vitality/Performance/Reconditioning) tool. Movement patterns are combined with resistance training to build agility and strength.
Pilates Sculpt (L2): This format is a dynamic, full-body workout that combines the core-strengthening principles of classical Pilates with light resistance training to tone and define your muscles. This energizing group fitness class uses equipment like light dumbbells, resistance bands, and Pilates balls to enhance traditional Pilates movements. Expect a low-impact yet challenging session that improves posture, flexibility, and overall body strength – perfect for all fitness levels looking to build lean muscle and enhance core stability.
POUND® (M2): Channel your inner rock star with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!
Power C.S.I. (Cardio, Strength, Intervals) (M3): Challenge yourself with innovative full-body strength exercises, core training and unique free-weight and body-weight resistance combinations between cardio intervals for an ultimate dynamic strength and total conditioning workout. Cardio may include jump rope, kickboxing, or other body weight aerobic activity.
Step (H2): A high energy, cardiovascular step workout that includes periods of weight training intervals. Get the maximum calorie burn you can with this up tempo class format. Great for achieving strength and cardiovascular endurance!
Strength Training (L2): An essential part of a healthy lifestyle at any age and any level of ability. Get leaner and stronger with a variety of exercise equipment for total body strengthening.
Tabata (L3): This high intensity interval class will focus on cardio intervals, using the Tabata style of training. Each exercise consists of 20 seconds of work, followed by 10 seconds of rest. This class is sure to get your heart pumping!
Yoga (Varies): Free your spirit, calm your mind and stretch your body through a variety of styles. Practice motions to increase your strength, balance and flexibility, while focusing on form, breathing and serenity within yourself.

GROUP WATER CLASSES

Water exercise is for everyone! Training in the pool is great for that everyday workout, cross-training, recovery days and injury recovery. Each class incorporates a warm-up, cardiovascular work, muscle strengthening, stretching and cool down, with or without water equipment. Proper swimwear is required and a water bottle is recommended. Please shower before entering the pool.

Aqua Arthritis (L1): Wonderful opportunity for people with mild arthritis, bursitis, knee problems, or muscle and joint stiffness. Majority of class takes place in the shallow end of the pool.
Fit for Life H2O (L1): Perfect place to start an exercise program due to the no or low impact buoyancy factor that offers natural resistance from the water.
Water Fit Combo (M2-M3): Maximize your cardio workouts and improve your strength in this water based class. Format will vary and may include shallow and/or deep end use. Aqua belts and resistance tools are used as needed for floatation assistance and building strength.