



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Butler-Gast 3501 Ames Avenue (402) 453-8903

Effective January 9, 2017 until April 1, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Zumba (Anita) 6:15-7:15am P	Strength Circuit (Joe) 6:30-7:15am AS	Aqua Zumba (Anita) 6:15-7:15am P	Strength Circuit(Joe) 6:30-7:15am AS	Aqua Zumba (Anita) 6:15-7:15am P	Fitness Fusion (Britt) 8:15-9:15am AS
SilverSneakers® Classic (Chris) 8:30-9:25am AS	Cycling (Tena) 7:30-8:15am AS	SilverSneakers® Classic (Chris) 8:30-9:25am AS	Cycling (Tena) 7:30-8:15am AS	Tai Chi (Pat) 8:30-9:25am AS	POUND® (Marcey) 9:30-10am AS
Aquacise (Connie) 9:45-10:30am P	Tai Chi (Rita) 8:30-9:25am AS	Aquacise (Connie) 9:45-10:30am P	Tai Chi (Rita) 8:30-9:25am AS	Aquacise (Connie) 9:45-10:30am P	Hip Hop Step (Marcey) 10-11am AS
Pilates (Trina) 10:30-11:25am AS	Aquacise (June) 9:30-10am P	Zumba® Gold (Trina) 11:30am-12pm AS	Aquacise (June) 9:30-10am P	POUND® (Marcey) 10:30-11:15am AS	**Youth Dance** -Creative Movement 11:15-11:45am 2-4yrs AS -Ballet 12-12:45pm all ages AS -Tap and Jazz 12:50-1:25pm 5-15yrs AS
Tai Chi (Pat) 11:30am-12:25pm AS	SilverSneakers® Splash (Jennifer) 10:15-11am P	GENTLE Yoga (Trina) 12-12:30pm AS	SilverSneakers® Splash (Jennifer) 10:15-11am P		
	MIXXEDFIT™ (Teaya) 10:30-11:25am AS				
	Youth/Teen MIXXEDFIT™ (Rose) 4-4:45pm AS		Youth/Teen Fitness Fusion (Britt) 4-4:30pm AS		SUNDAY
Cycle (Ambe') 5:15-6:15 AS		20/20/20 (Leah) 5:30-6:25pm AS	**Youth Dance: African Dance** 5:30-6:15pm MPR 5-15yrs	**Youth Dance** Hip Hop 5:30-6:15pm MPR 5-9yrs	20/20/20 (Leah) 2:15-3:15pm AS
Aquacise (Pat/Gerry) 5:30-6:15pm P	Strength Circuit (Sewa) 5-5:55pm AS	Aquacise (Pat/Gerry) 5:30-6:15pm P	**Youth Dance** Gospel Pantomime 6:15-7:05pm MPR All ages	Aquacise (Pat/Gerry) 5:30-6:15pm P	MIXXEDFIT™ (Maria) 3:30-4:25pm AS
P90X® LIVE (Mayra) 6:30-7:25pm AS	Rhythm & Sweat (Leah) 6:00-7:30pm AS	POUND® (Marcey) 6:30-7:00pm AS	PiYo® (Crystal) 6:45-7:15pm AS	MIXXEDFIT™ (Sammie) 6-6:55pm AS	***** Dance Registration for ages 3+ open Classes begin Thursday, January 12, 2017 *****
		Hip Hop (Marcey) 7:00-8:00pm AS	Rhythm & Sweat (Leah) 7:15-8:10pm AS	**Youth Dance** Hip Hop 6:15pm-7pm MPR 10-15yrs	
AS Aerobic Studio	MPR Multi-Purpose Room	P Pool	Youth Classes	G Gym	Last updated 1/5/2017

Questions or feedback contact Leah Mayhue-Dale, Group Exercise Lead via email ldale@metoymca.org or call 402-453-8903

DESCRIPTIONS

AQUA CLASSES

Aquacise is a moderately high aerobics workout without impact without on the joints. Develop increased muscular tone and flexibility. No swimming experience required.

Aqua Zumba® is a challenging, water-based workout that's cardio conditioning, body toning and exhilarating. This workout features the same Latin-style dancing found in Zumba and adds in extra resistance as participants move through the water, making the workout more intense.

ACTIVE OLDER ADULT CLASSES

SilverSneakers Splash® activates your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

SilverSneakers Classic® allows you to have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Zumba® Gold is a cardio-Latin fusion class catering to active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

Moving for Better Balance/Tai Chi cares for your body, mind and spirit with Tai Chi. This Chinese martial art is known for its health benefits and as a means for dealing with stress. You'll work on relaxation, fluid movements, strength, coordination, balance and breathing. Flowing postures blend elements of physical exercise and relaxation.

CARDIO CLASSES

Turbokick™ Intense kickboxing + dance moves = Turbokick! The ultimate cardio challenge that is super high energy and set to motivating music to enhance the fun factor.

POUND® is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometric and Isometric poses. Strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

Cycle gives an aerobic workout that's easy on your joints. Our indoor Cycle classes simulate outdoor riding with sprinting, hill climbing and other techniques. All levels are welcome. Great music, great fun, lots of sweat!

(CARDIO CLASSES Continued)

Rhythm and Sweat is a new dance fitness based format that will help you burn that fat and tone those muscles. Jumping jacks, dumbbells, body rolls and drop in it low.....Get ready to sweat in this class!

Hip Hop gets you moving to the rhythm of hip-hop and dance music. Have fun while getting a great workout to old-school and today's hits. The perfect combination of dance and fitness to get your heart racing.

MIXEDFIT® is a people-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive.

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!

MIND/BODY CLASSES

GENTLE Yoga provides the same teachings and benefits as yoga but with less strain on the joints. This class incorporates yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility. Perfect for yoga beginners, those recovering from surgery and active older adults.

PIYo® combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

STRENGTH CLASSES

Strength Circuit is the workout for you! Enjoy a circuit workout that is great for all levels. Activities include speed and agility drills, athletic step, running/power walking, jump rope, abs and stretching.

20/20/20 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 challenge, this is the class for you. This is a great strength and aerobic workouts!

Fitness Fusion is an intense total body strength workout. This class utilizes a variety of equipment and training modalities to challenge participant's overall fitness and increase abdominal/ core strength.

P90X® LIVE is a group-focused total-body strength and cardio class that incorporates proven principles from personal training and functional strength coaching.